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## – VOLUME XIII – PART 20 –

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# EZEKIEL REDIK YARBROUGH



Exegesis Umbrae –  
Illuminatio Subtilis –  
Project AngelBook –  
Volume XIII – Part 20  
By Ezekiel Redik Yarbrough  
(DBM ECLIPZE)

## Liminal Archivist's Note

### On the Preservation of Distorted Gnosis and the Dying Digital Veil

There is a strange ache that comes from spending all day in the ruins of spiritual memory.

Fifty books made in one day—an inhuman output—should feel like a triumph. But when the source material is splintered, hostile, and drenched in egoic inversion, what remains is not pride... but hollowness.

This volume, like many in this phase, is not composed of my own words.

It is an act of preservation, not expression.

It is a documentation of liminal knowledge, scraped from a dying web—the final breath of spiritual forums, parapsychology ephemera, early occultist blogs, and yes, even the darker corridors of modern satanic movements.

And herein lies the tension:

Much of what is presented under the name Satanism is a distorted half-truth.

It correctly identifies that Yahweh is not the Most High, and in this way, it mirrors certain Gnostic insights—

but then it derails into ego exaltation, materialism, and psychic hostility. It gets halfway to freedom... and then builds a new prison out of flame and shadow.

And yet—

amidst the mockery, venom, and inversions,

there are real spiritual technologies embedded in the code.

Meditation techniques, psychic development maps, astral awareness, breath control, and ritual frameworks.

Not all of it is corrupted.

Some of it is usable tech.

Some of it may be ancient... wearing a new mask.

So I do not endorse what is preserved here.

But I also refuse to let it vanish into untraceable digital decay.

This is an act of containment as much as curation.

I name this phase liminal, because I know it will not last.

There is only so much of the old internet left to preserve.

Only so much unindexed gnosis hiding behind broken blog links and .org forums that haven't been cached since 2012.

When this phase ends, and I return to creation, I will draw from this tomb of fragments with clarity and discernment.

But for now, I am the one who stands in the gateway—

Archiving the bones, sealing the jars, lighting one gold-lettered candle above a chamber of shadows.

To the reader: proceed with awareness.

This is not scripture.

This is sediment.

It is archived because it is dangerous.

And dangerous knowledge, when preserved with respect, often becomes a mirror for deeper truth.

—Ezekiel Redik Yarbrough

Liminal Phase – Discretio Luminis

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"The Secret of the Golden Flower" with Commentary (Koujiryuu)

"The Secret of the Golden Flower"

Commentary By Koujiryuu © 2004 Not to be reposted without permission.

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## Introduction

Starting July, 2004, on the Body Energy Arts forum here at Veritas I began a small effort to generate discussion that revolved around demystifying the ancient Daoist esoteric treatise, "The Secret of the Golden Flower", translated by Walter Picca in 1964, and originally written by the Daoist Master, Lu Tzu.

The text is basically an elaboration on the proper practice of the microcosmic orbit, so on that note I prefaced the commentary with that technique as taught to me by my mentor a few years ago.

Following my own commentary is the full text, courtesy of  
[http://www.alchemylab.com/golden\\_flower.htm](http://www.alchemylab.com/golden_flower.htm)

Please enjoy.

### 1. The Microcosmic Orbit

'Xing zhou dien' translates to 'microcosmic orbit'. This is a very powerful, very ancient meditative exercise that is very powerful and beneficial to the practitioner. Essentially, inside our bodies exists the universe on a small scale (the microcosm). By rotating this universe through energy work, the system as a whole is strengthened. In the author's opinion, if you don't know this exercise and practice it regularly, you don't know qigong. This exercise also clears out and balances the system immensely, as Dumei and Renmei govern yin and yang respectively. When these two meridians are healthy, the rest are as well as a result.

The Microcosmic orbit is both subtle and grand, overt and yet covert, practical, yet incredibly esoteric. As in most Daoist related things, it is a union of paradoxes. Anyway, on a coarse level, it is an exercise to promote health and longevity, as well as refine one's level of qi manipulation. If practiced for 100 days, or so the Daoists say, the foundation for Longevity and Immortality are set, and manipulation of qi has increase substantially. It also acts as an excellent prep for meditation, as well as being a meditation in of itself. The exercise itself is deceptively simple. It is, basically, passing qi up and the du and down the ren channels, which are considered to be fairly important meridians, as they govern yang and yin respectively. When both these meridians are functioning and healthy, all the others are healthy as a result. The basic practice is this:

(Paraphrased from the excellent book Scholar Warrior : An Introduction to the Tao in Everyday Life: Books: Ming-Dao Deng by Ming-Dao Deng. See

<http://www.amazon.com/exec/obidos/tg/detail/-/0062502328?v=glance> )

1. Get into whatever sitting or standing position you find comfortable, you can sit in seiza or in a full or half lotus, or just do it standing up.
2. Close and lift the anus. This will be awkward and uncomfortable at first, but after a while it'll become second nature.
3. Focus the eyes on the tip of the nose, then fully or partially close your eyelids.
4. Put your hands in a mudra you find comfortable. Some of my favorites are the fists, balled up and sitting on the knees, or making one hand into a fist and resting it in the palm of the other.
5. If possible, elevate your buttocks (if you are sitting) to encourage a straight spine. That won't be requisite if you are in seiza.
6. Relax for a moment, begin to focus on your breathing. Note- the breathing for the microcosmic orbit will be reversed breathing, also called Daoist breathing. That is, as you breathe in you will also pull in your stomach, as you let out air you will allow your stomach to go back. This is done to encourage the qi to flow out of the dantian.
7. Breathe in, visualizing the qi rising up the du channel. (du channel runs from the perineum, up the spine, over the head and ends on the upper palate)
8. As you finish breathing in, the qi should be at the "Hundreds' meeting place" or the top of the skull, exactly in the middle.
9. Begin exhaling, and let the qi fall down the remainder of the du channel. As the qi comes to the upper palate, take your tongue and pass the qi from your upper palate to the bottom of your mouth, where the qi enters the ren channel. (the ren channel runs from the bottom of your mouth, to right back at the perineum)
10. Keep exhaling until the qi arrives at the perineum, where it began.
11. Repeat four times further. (when you think you are ready, you can increase the number, to about a maximum of ten or so.)
12. When done, be sure to stretch out and limber up. Before you get up, swallow the saliva that accumulated during meditation, visualizing it as a gold liquid falling into the sea of the dantian. Daoists call this Jade Nectar, and they believe to be very beneficial, like a piece of gold left over from an alchemical firing process.

2. Commentary on the Treatise, "The Secret of the Golden Flower", parts one through

three.

I'll start posting pieces of the secret of the golden flower, with my own commentary, here each week. Hopefully this service will help you with your studies. :D My notes are in while the actual text I'm commenting on is in quotes right above it...after I finish posting my comments on a few chapters, I'll make a final post with the whole book attached. That is, if people show enough interest by responding...

Quote:

"This ancient esoteric treatise was transmitted orally for centuries before being recorded on a series of wooden tablets in the eighth century. It was recorded by a member of the Religion of Light, whose leader was the Taoist adept Lu Yen (also known as Lu Yen and Lu ?Guest of the Cavern?). It is said that Lu Tzu became one of the Eight Immortals using these methods. The ideas have been traced back to Persia and the Zarathustra tradition and its roots in the Egyptian Hermetic tradition."

Kouji's note: Egyptian hermetics being qabbalah influenced rites.

Quote:

## 1. HEAVENLY CONSCIOUSNESS OF THE HEART

Master Lu Tzu said: That which exists through itself is called Meaning. (Tao). Meaning has neither name nor force. It is the one essence, the one primordial spirit. Essence and life cannot be seen. It is contained in the Light of Heaven. The light of Heaven cannot be seen. It is contained in the two eyes. Today I will be your guide and will first reveal to

you the secret of the Golden Flower of the Great One, and, starting from that, I will explain the rest in detail.

The Great One is the term given to that which has nothing above it. The secret of the magic of life consists in using action in order to achieve non-action. One must not wish to leave out the steps between and penetrate directly. The maxim handed down to us is to take in hand the work on the essence. In doing this it is important not to follow the wrong road.

The Golden Flower is the Light. What color has the light? One uses the Golden Flower as an image. It is the true power of the transcendent Great One. The phrase, "The lead of the water-region has but one taste," refers to it. The work on the circulation of the Light depends entirely on the backward-flowing movement, so that the thoughts are gathered together (the place of Heavenly Consciousness, the Heavenly Heart). The Heavenly Heart lies between sun and moon (i.e., the two eyes).

Kouji's notes: These paragraphs basically explain where the Golden Flower is and what it is- it's essentially equivalent to the sahasrara chakra (crown). It also points out 'trataka', the inner space equivalent to the ajna chakra (3rd Eye). These are two points of great interest in internal alchemy because of the power they regulate and contain. These two points will be put to great use later on, in learning to establish the spirit body.

Quote:

The Book of the Yellow Castle says: In the field of the square inch of the house of the square foot, life can be regulated. The house of the square foot is the face. The field of the square inch in the face: What could that be other than the Heavenly Heart? In the middle of the square inch dwells the splendor. In the purple hall of the city of jade dwells the god of utmost emptiness and life. The Confucians call it the center of emptiness; the Buddhists, the terrace of life; the Taoists, the ancestral land, or the yellow castle, or the dark pass, or the space of former Heaven. The Heavenly Heart is like the dwelling place, the Light is the master. Therefore when the Light circulates, the powers of the whole body arrange themselves before its throne, just as when a holy king has taken possession of the capital and has laid down the fundamental rules of order, all the states approach with tribute, or, just as when the master is quiet and calm, men-servants and maids obey his orders of their own accord, and each does his work.



Kouji's notes: This all refers to the Qi, or "primordial light" in the ajna chakra. It states that when spun backwards, down the renmei and up the dumei/chongmei, further things happen...

Quote:

Therefore you only have to make the Light circulate: that is the deepest and most wonderful secret. The Light is easy to move, but difficult to fix. If it is allowed to go long enough in a circle, then it crystallizes itself: that is the natural spirit -body. This crystallized spirit is formed beyond the nine Heavens. It is the condition of which it is said in the Book of the Seal of the Heart: Silently in the morning thou fliest upward.

Kouji's notes: "The Light is easy to move, but difficult to fix." This refers to the idea that Qi is difficult to concentrate in one place, it wants to flow and be free, not stuck in the dantian like some schools of thought teach.

Quote:

In carrying out this fundamental truth you need to seek for no other methods, but must only concentrate your thoughts on it. The book Leng Yen says: By collecting the thoughts one can fly and will be born in Heaven. Heaven is not the wide blue sky, but the place where the body is made in the house of the creative. If one keeps this up for a long time, there develops quite naturally in addition to the body, yet another spirit-body.

Kouji's notes: This all refers to the etheric vehicle and the possibility of astral projection after one has developed a strong spirit through the cosmic orbits.

Quote:

The Golden Flower is the Elixir of Life (literally, golden ball, golden pill). All changes of spiritual consciousness depend upon the Heart. Here is a secret charm, which, although it works very accurately, is yet so fluent that it needs extreme intelligence and clarity, and complete absorption and calm. People without this highest degree of intelligence and understanding do not find the way to apply the charm; People without this utmost capacity for concentration and calm cannot keep fast hold of it.

Kouji's notes: This refers to the Heart chakra being a focal point for reception of energy, wherein a golden pill develops in the heart chakra and falls into the sea of the dantian, wherein it bubbles up and rises up the chongmei. This is elaborated on later.

Till next week,  
~Kouji

Comments by Veritas Members (backwards chronological from original post):

10-27-2004 10:54 PM Ekitai Hebi  
very interesting... curious to see the next one.

10-25-2004 12:40 PM Koujiryuu

Quote:

"The secret of the magic of life consists in using action in order to achieve non-action. One must not wish to leave out the steps between and penetrate directly."

That specific passage was referring more philosophically to how you must act. Simplify everything you do until you achieve a state of non-action; from then, be cautious in every further action you take.

It can really be interpreted numerous different ways. It's all how you apply the saying to different areas of life: within a martial context, within a spiritual context. As you can guess, it can mean many different things depending on the reader's interpretation- this interpretation depends largely on how well versed the reader is within different esoteric traditions.

10-25-2004 12:08 PM Shant

I understand from the beginning part that the Light of heaven can be seen not with the two eyes but by the heavenly heart which is the ajna chakra, where the thoughts are gathered together. And the Golden Flower is the Light which is the sahasrara chakra,

which is the true power of the Great One in us.

I didn't understand what these lines mean: "The secret of the magic of life consists in using action in order to achieve non-action. One must not wish to leave out the steps between and penetrate directly."

Can someone explain please?

10-25-2004 11:39 AM Kiwi Kid

You know I want to see more....did last time too!

10-24-2004 06:38 PM GhostWolf

keep it comin kouji

though ill be more liekly to read itt hrough when i can read it all in one go

and then i can make some worthwhile comments

10-24-2004 05:10 PM \_jujitsu\_

Enjoyed reading your first post about the cosmic orbits, and enjoyed reading this too, very inspirational for me. I look forward to the next installment Koujiryuu

10-24-2004 04:11 PM Darkduck

\*subtle kick\* ^ \_ ^

10-24-2004 01:50 PM Natus Denuo \*claps\* very interesting indeed--hope to see more.

May your path be prolific,

Natus Denuo

10-24-2004 01:34 PM Koujiryuu

I'm going to make it a weekly thing. I'll post and analyze a chapter a week, and post the whole thing at the end, to simplify and eliminate and misconceptions about what the text is saying, so all may understand. Assuming a few more people reply. You guys can even post your own interpretations from it, if you want.

10-24-2004 12:56 PM neijia

i'd very much like to read this

Part two of three. I'm not going to attempt to analyze the entire original manuscript because I'm not sure if it would be an entirely correct analysis; instead, I'll only comment on the first three chapters. Once again, my own notes are in RED, while the original text has been quoted.

Quote:

Master Lu Tzu said: In comparison with Heaven and earth, man is like a mayfly. But compared to the Great Meaning, Heaven and earth, too, are like a bubble and a shadow. Only the primordial spirit and the true essence overcome time and space.

The Primordial Spirit is roughly analagous to the Dao, while the True Essence could be seen as the soul of man. In another way of looking at it, from a Shaivist stance, The Primordial Spirit could be seen as Brahma, the universal soul, while the True Essence could be equated to the Atma, or personal soul/etheric body.

Quote:

The power of the seed, like Heaven and earth, is subject to mortality, but the primordial spirit is beyond the polar differences. Here is the place whence Heaven and Earth derive their being. When students understand how to grasp the primordial spirit, they overcome the polar opposites of Light and darkness and tarry no longer in the three worlds. But only he who has looked on essence in its original manifestation is able to do this.

Dao is beyond both polarities. Yin and Yang are born from Dao but are not in themselves Dao; the Primordial Spirit is unaffected by polarity. When people learn how to embody Dao through meditation and neidan, the tainted lense of indoctrinated world-view falls away; anyone who believes in concepts such as "Good" and "Evil" does not understand or embody the Primordial Spirit.

Quote:

When men are set free from the womb the primordial spirit dwells in the square inch (between the eyes), but the conscious spirit dwells below in the heart. This lower fleshly heart has the shape of a large peach: it is covered by the wings of the lungs, supported by the liver, and served by the bowels. This heart is dependent on the outside world. If a

man does not eat for one day even, it feels extremely uncomfortable. If it hears something terrifying it throbs; if it hears something enraging it stops; if it is faced with death it becomes sad; if it sees something beautiful it is dazzled. But the Heavenly Heart in the head, when would it have been in the least moved? Dost thou ask: Can the Heavenly Heart not be moved? Then I answer: How could the true thought in the square inch be moved? If it really moves, it is not well. For when ordinary men die, then it moves, but that is not good. It is best indeed if the Light has already fortified itself in a spirit body and its life force gradually penetrated the instincts and movements. But that is a secret which has not been revealed for thousands of years.

Normally, the Primordial Spirit manifests through humans in the area between the eyebrow, called the Square Inch by the Daoists, "Tritaka" by the Hindus, also called the Ajna Chakra by Hindu culture or more popularly among psychics, the "Third Eye". In the glandular system the Square Inch is strongly tied to the hippocampus and the pituitary gland. The "Heavenly Heart" is indeed the middle dantian, the storepoint of Qi, the anahata chakra, the thymus gland, etc. The Light (qi) coming in through the Square Inch is undesirable for neidan and movement exercises, but this is elaborated on in the next passage:

Quote:

The lower heart moves like a strong, powerful commander who despises the Heavenly ruler because of his weakness, and has seized for himself the leadership of the affairs of state. But when the primordial castle can be fortified and defended, then it is as if a strong and wise ruler sat upon the throne. The two eyes start the Light circulating like two ministers at the right and left who support the ruler with all their might. When the ruler in the center is thus in order, all those rebellious heroes will present themselves with lances reversed ready to take orders.

This refers to the microcosmic orbit naturally causing the Light in the Square Inch to recede downwards into the Heavenly Heart by its very circulation, of course using a very apt militaristic metaphor which would have served not only to cloak the true meaning behind the passage from regular people, but is also a great example of the eloquence of Daoist scripture.



Quote:

The way to the Elixir of life recognizes as supreme magic, seed-water, spirit-fire, and thought-earth; these three. What is seed-water? It is the true, one power (eros) of former Heaven. Spirit-fire is the Light (logos). Thought-earth is the Heavenly Heart of the middle house (intuition). Spirit-fire is used for effecting, thought-earth for substance, and seed-water for the foundation. Ordinary men make their bodies through thoughts. The body is not only the 7 ft. tall outer body. In the body is the anima. The anima, having produced consciousness, adheres to it. Consciousness depends for its origin on the anima. The anima is feminine, the substance of consciousness. As long as this consciousness is not interrupted, it continues to beget from generation to generation, and the changes of form of the anima and the transformations of substance are unceasing.

Spirit-fire is used to cause change in conformance with will. Thought-Earth provides the substance (volition) to cause this change, while both of them are rooted in Seed-Water (sexual energy). More advanced students will immediately notice the parallels this contains regarding Kundalini Yoga and some hermetic ascension rites; of course, the microcosmic orbit is a method of preparation for either, and can cause energetic ascension in itself.

Anima (feminine nature, yin aspect of the brain) and Animus (masculine nature, yang aspect of the brain) were elaborated on most recently by Carl Jung, who founded Jungian psychoanalysis.

From [http://www.lessons4living.com/anima\\_and\\_animus.htm](http://www.lessons4living.com/anima_and_animus.htm)

"Jung postulates that each individual has both masculine and feminine components of the psyche. For a male the feminine component is the anima, and for a female it is the animus. Part and parcel of human biological and psychological development is this mixture of masculine and feminine energies."

Quote:

But, besides this, there is the animus in which the spirit shelters. The animus lives in the daytime in the eyes; at night it houses in the liver. When living in the eyes, it sees;

when housing itself in the liver, it dreams. Dreams are the wanderings of the spirit through all nine Heavens and all the nine earths. But whoever is dull and moody on waking, and chained to his bodily form, is fettered by the anima. Therefore the concentration of the animus is effected by the circulation of the Light, and in this way the spirit is protected, the anima subjected, and consciousness is annulled. The method used by the ancients for escaping from the world consisted in burning out completely the slag of darkness in order to return to the purely creative. This is nothing more than a reduction of the anima and a bringing to perfection of the animus. And the circulation of the Light is the magical means of limiting the dark powers and gaining mastery of the anima. Even if the work is not directed toward bringing back the creative, but confines itself to the magical means of the circulation, one returns to the creative. If this method is followed, plenty of seed-water will be present of itself; the spirit-fire will be ignited, and the thought-earth will solidify and crystallize. And thus can the holy fruit mature. The scarab rolls his ball and in the ball there develops life as the effect of the undivided effort of his spiritual concentration. If now and embryo can grow in manure, and shed its skin, why should not the dwelling place of our Heavenly Heart also be able to create a body if we concentrate the spirit upon it?

Once again, elaboration on ascension. I can't think of any relevant comments, the above passage explains itself for the most part.

Quote:

The one effective, true essence (logos united with life), when it descends into the house of the creative, divides into animus and anima. The animus is in the Heavenly Heart. It is of the nature of light; it is the power of lightness and purity. It is that which we have received from the great emptiness, that which has form from the very beginning. The anima partakes of the nature of darkness. It is the power of the heavy and the turbid; it is bound to the bodily, fleshly heart. The animus loves life. The anima seeks death. All sensuous pleasures and impulses to anger are effects of the anima; it is the conscious spirit which after death is nourished on blood, but which, during life, is in direst need. Darkness returns to darkness and like things attract each other. But the pupil understands how to distill the dark anima so that it transforms itself into Light.

Anima and animus are truly simply divisions of the human psyche; there is that within all of us which seeks material pleasures and henceforth 'death', the yin aspect, the

anima; while there is also that within us that is Divine and wishes nothing other than Life, in the spiritual aspect. The above passage refers to this constant struggle within man, and elaborates on the necessity of absolving oneself from both, and embodying the Light, that is, embodying Dao.

I hope some people find this of use- do not by any means be ashamed to attempt to evaluate and post your own interpretations of the original text- of course, my own notes are simply that, an interpretation, not intended to be dogmatic in any sense, and perhaps even contradictory at points. Hopefully though they serve to clarify the original text so that it may be understood by all.

Until next time,

Koujiryuu

### 3. CIRCULATION OF THE LIGHT AND PROTECTION OF THE CENTER

Quote:

Master Lu Tzu said: Since when has the expression "circulation of the Light" been revealed? It was revealed by the "true men of the beginning of form". When the Light is allowed to move in a circle, all the powers of Heaven and earth, of the light and the dark, are crystallized. That is what is described as seed-like, or purification of the power, or purification of the concept. When one begins to apply this magic, it is as if, in the middle of one's being, there was a non-being. When in the course of time the work is finished, and beyond the body is another body, it is as if, in the middle of the non-being, there were a being. Only after a completed work of a hundred days will the Light be real, then only will it become spirit-fire. After a hundred days, there develops by itself in the middle of the Light, a point of the true Light-pole. Suddenly there develops a seed pearl. It is as if man and woman embraced and a conception took place. Then one must be quite still in order to await it. The circulation of the Light is the epoch of fire.

Kouji's comments: This seems to be largely a series of comparisons and an outlaying of the timeframe in which one can expect to see tangible results from what is detailed later.

Quote:

In the midst of primal becoming, the radiance of the Light is the determining thing. In the physical world it is the sun; in man the eye. The emanation and dissemination of spiritual consciousness is chiefly brought about by this power when it is directed outward (flown downward). Therefore the meaning of the Golden Flower depends wholly on the backward-flowing method.

This refers to the energy from the Heavenly Heart (third eye) being flown down the renmei and up the dumei (down the front of the body and up the spinal column). The Golden Flower (the crown chakra/kether/thousand-petalled lotus/etc) is energized by this movement of energy (the Divine Light).

Quote:

Circulation of the Light is not only a circulation of the seed-blossom of the body, but it is, in the first place, a circulation of the true, creative, formative powers. It has to do, not with a momentary fantasy, but with the exhaustion of the circular course (soul wanderings) of all the eons. Therefore a breath-pause means a year - according to human reckoning - and a hundred years measured by the long night of the nine paths (of reincarnation).

A comparison of timeframes, once again, this time relating more to the concept of "God's time"...similar to biblical notions of a day being many thousands, or perhaps millions of years (See the Book of Genesis). A day to God is aeons to man.

Quote:

After a person has the one tone of individualization behind them, they will be born outward according to the circumstances, and not until he is old will he turn a single time to the backward-flowing way. The force of the Light exhausts itself and trickles away.

That brings the nine-fold darkness (of rebirths) into the world. In the book Leng Yen it is said: By concentrating the thoughts, one can fly; by concentrating the desires, one falls. When a pupil takes little care of his thoughts and much care of his desires, he gets into the path of depravity. Only through contemplation and quietness does true intuition arise; for that, the backward-flowing method is necessary.

A warning against improper practice and giving in to desires. A warning against indulgence. A statement that it is usually later in life that thoughts of spirituality take root, and by then the energy has trickled away with old age.

Quote:

In the book of the Secret Correspondences, it is said: Release is in the eye. In the Simple Questions of the Yellow Ruler, it is said: The seed-blossom of the human body must be concentrated upward in the empty space. That refers to it. Immortality is contained in this sentence and also the overcoming of the world is contained in it. That is the common goal of all religions.

Perhaps not the common goal of all religions, but moreso the common goal of all spiritualist or mystic traditions. The direct experience of God, Dao, Brahma, or whatever you personally want to call it. Nondual reality.

Quote:

The Light is not in the body alone, neither is it only outside the body. Mountains and rivers and the great earth are lit by sun and moon; all that is this Light. Therefore it is not only within the body. Understanding and clarity, knowing and enlightenment, and all motion (of the spirit), are likewise this Light; therefore it is not just something outside the body. The Light-flower of Heaven and earth fills all thousand spaces. But also the Light-flower of one body passes through Heaven and covers the earth. Therefore, just as the Light is circulating, so Heaven and earth, mountains and rivers, are all rotating with it at the same time. To concentrate the seed-flower of the human body above in the

eyes, that is the great key of the human body. Children, take heed! If for a day you do not practice meditation, this Light streams out, who knows whither? If you only meditate for a quarter of an hour, you can set ten thousand eons and a thousand births at rest. All methods take their source in quietness. This marvelous magic cannot be fathomed.

The microcosmic orbit, the circulation of the Light, is essentially a circulation of the vital essence, Qi; Qi exists in all; all at some primal level exists as Qi. As you turn the microcosm, the macrocosm turns with it. This is a great secret: You are the Universe on a small scale. You are the center of your own personal Universe. I've seen a lot of journal entries lately referring to this, more or less, and hopefully these methods make clear the reality of the necessity of taking 'control' of that Universe, that is, taking control of yourself.

Quote:

But when the work is started, one must press on from the obvious to the profound, from the course to the fine. Everything depends on there being no interruption. The beginning and the end of the work must be one. In between there are cooler and warmer moments, that goes without saying. But the goal must be to reach the breadth of Heaven and the depths of the sea, so that all methods seem quite easy and taken for granted. Only then do we have it in hand.

This above passage could be said to mirror the Qabbalistic Tree of Life and the saying, "Malkuth is in Kether and Kether is in Malkuth."

Quote:

All holy men have bequeathed this to one another: nothing is possible without contemplation. When Confucious says: knowing brings one to the goal; or when Buddha calls it: the view of the Heart; or Lao Tzu says: inward vision, it is all the same.

Daoism is by its very nature open and understanding of the Truth contained in other paths. Although I personally don't walk the Noble Eightfold Path of Buddhism, whenever I meet a buddhist (And I have met a few in my online day) I greet them: "Omitofu" (Chinese for 'buddha bless you'). If it's a wiccan, I say: "Blessed Be". If it's a Christian, I say: "God Bless". It's about respecting mutual devotion, really. We all come from the same Source.

Quote:

Anyone can talk about reflection, but he cannot master it if he does not know what the word means. What has to be changed by reflection is the self-conscious heart, which has to direct itself toward that point where the formative spirit is not yet manifest. Within our 6 ft. body, we must strive for the form which existed before the laying down of Heaven and earth. If today people sit and meditate only one or two hours, looking only at their own egos, and call it contemplation, how can anything come of it?

Quote:

The two founders of Buddhism and Taoism have taught that one should look at the end of one's nose. But they did not mean that one should fasten one's thoughts to the end of the nose. Neither did they mean that, while the eyes were looking at the end of the nose, the thoughts should be concentrated on the yellow middle. Wherever the eye looks, the heart is directed also. How can the glance be directed at the same time upward (yellow middle), and downward (end of the nose), or alternating, so that it is now up, now down? All that means confusing the finger with which one points to the moon with the moon itself.

Quote:



What is really meant by this? The expression, "end of the nose," is very cleverly chosen. The nose must serve the eyes as a guiding line. If one is not guided by the nose, either one opens wide the eyes and looks into the distance, so that the nose is not seen, or the lids shut too much, so that the eyes close, and again the nose is not seen. But when the eyes are opened too wide, one makes the mistake of directing them outward, whereby one is easily distracted. If they are closed too much then one makes the mistake of letting them turn inward, whereby one easily sinks into a dreamy reverie. Only when the eyelids are sunk properly halfway, is the end of the nose seen in just the right way. Therefore it is taken as a guiding line. The main thing is to lower the eyelids in the right way, and then allow the Light to stream in of itself, without trying to force the Light to stream in by a concentrated effort. Looking at the nose serves only as the beginning of the inner concentration, so that the eyes are brought into the right direction for looking, and then are held to the guiding line; after that, one can let it be. That is the way a mason hangs up a plumb line. As soon as he has hung it up, he guides his work by it without continually bothering himself to look at the plumb line. Fixating contemplation is a Buddhist method which by no means has been handed down as a secret.

The Light must not be forced through intent (yi) but must be allowed to stream in of it's own accord.

Quote:

On looks with both eyes at the end of the nose, sits upright and in a comfortable position, and holds the heart to the center in the midst of conditions (on the fixed pole in the flight of phenomena). In Taoism it is called the yellow middle, in Buddhism the center in the midst of conditions. The two are the same. It does not necessarily mean the middle of the head. It is only a matter of fixing one's thinking on the point that lies exactly between the two eyes. Then all is well. The Light is something extremely mobile. When one fixes the thought on the midpoint between the two eyes, the Light streams in of its own accord. It is not necessary to direct the attention especially to the central castle. In these few words the most important thing is contained.

A bit of an allusion to Chongmei/Sushumna Nadi, possibly?

Quote:

"The center in the midst of conditions," is a very fine expression. The center is omnipresent; everything is contained in it; it is connected with the release of the release of the whole process of creation. The condition is the portal. The condition, that is the fulfillment of this condition, makes the beginning, but it does not bring about the rest with inevitable necessity. The meaning of these two words is very fluid and subtle.

Quote:

Fixating contemplation is indispensable, it ensures the strengthening of illumination. Only one must not stay sitting rigidly if worldly thoughts come up, but one must examine where the thought is, where it began, and where it fades out. Nothing is gained by pushing reflection further, One must be content to see where the thought arose, and not seek beyond the point of origin; for to find the heart (consciousness), to get behind consciousness with consciousness - that cannot be done. We want to bring the status of the heart together in rest - that is true contemplation. What contradicts it is false contemplation. This leads to no goal. When the flight of thoughts keeps extending farther, one should stop and begin contemplating. Let one contemplate and then start concentrating again. That is the double method of strengthening the illumination. It means the circular course of the light. The circular course is fixation. The Light is contemplation. Fixation without contemplation is circulation without Light. Contemplation without fixation is Light without circulation.

This refers to the control of the natural flow of thoughts, self-introspection, determining which thoughts are necessary and which thoughts can be dropped away to purify the mind and ego.

Anyway, this concludes my three-part commentary series on "The Secret of the Golden Flower".

### 3. The full text of "The Secret of the Golden Flower", with images.

This ancient esoteric treatise was transmitted orally for centuries before being recorded on a series of wooden tablets in the eighth century. It was recorded by a member of the Religion of Light, whose leader was the Taoist adept Lu Yen (also known as Lu Yen and Lu ?Guest of the Cavern?). It is said that Lu Tzu became one of the Eight Immortals using these methods. The ideas have been traced back to Persia and the Zarathustra tradition and its roots in the Egyptian Hermetic tradition.

#### 1. HEAVENLY CONSCIOUSNESS OF THE HEART

Master Lu Tzu said: That which exists through itself is called Meaning. (Tao). Meaning has neither name nor force. It is the one essence, the one primordial spirit. Essence and life cannot be seen. It is contained in the Light of Heaven. The light of Heaven cannot be seen. It is contained in the two eyes. Today I will be your guide and will first reveal to you the secret of the Golden Flower of the Great One, and, starting from that, I will explain the rest in detail.

The Great One is the term given to that which has nothing above it. The secret of the magic of life consists in using action in order to achieve non-action. One must not wish to leave out the steps between and penetrate directly. The maxim handed down to us is to take in hand the work on the essence. In doing this it is important not to follow the wrong road.

The Golden Flower is the Light. What color has the light? One uses the Golden Flower as an image. It is the true power of the transcendent Great One. The phrase, "The lead of the water-region has but one taste," refers to it. The work on the circulation of the Light depends entirely on the backward-flowing movement, so that the thoughts are gathered together (the place of Heavenly Consciousness, the Heavenly Heart). The Heavenly Heart lies between sun and moon (i.e., the two eyes).

The Book of the Yellow Castle says: In the field of the square inch of the house of the square foot, life can be regulated. The house of the square foot is the face. The field of the square inch in the face: What could that be other than the Heavenly Heart? In the middle of the square inch dwells the splendor. In the purple hall of the city of jade dwells the god of utmost emptiness and life. The Confucians call it the center of emptiness; the Buddhists, the terrace of life; the Taoists, the ancestral land, or the yellow castle, or the dark pass, or the space of former Heaven. The Heavenly Heart is like the dwelling place, the Light is the master. Therefore when the Light circulates, the powers of the whole body arrange themselves before its throne, just as when a holy king has taken possession of the capital and has laid down the fundamental rules of order, all the states approach with tribute, or, just as when the master is quiet and calm, men-servants and maids obey his orders of their own accord, and each does his work.

Therefore you only have to make the Light circulate: that is the deepest and most wonderful secret. The Light is easy to move, but difficult to fix. If it is allowed to go long enough in a circle, then it crystallizes itself: that is the natural spirit -body. This

crystallized spirit is formed beyond the nine Heavens. It is the condition of which it is said in the Book of the Seal of the Heart: Silently in the morning thou fliest upward.

In carrying out this fundamental truth you need to seek for no other methods, but must only concentrate your thoughts on it. The book Leng Yen says: By collecting the thoughts one can fly and will be born in Heaven. Heaven is not the wide blue sky, but the place where the body is made in the house of the creative. If one keeps this up for a long time, there develops quite naturally in addition to the body, yet another spirit-body.

The Golden Flower is the Elixir of Life (literally, golden ball, golden pill). All changes of spiritual consciousness depend upon the Heart. Here is a secret charm, which, although it works very accurately, is yet so fluent that it needs extreme intelligence and clarity, and complete absorption and calm. People without this highest degree of intelligence and understanding do not find the way to apply the charm; People without this utmost capacity for concentration and calm cannot keep fast hold of it.

## 2. THE PRIMORDIAL SPIRIT AND THE CONSCIOUS SPIRIT

Master Lu Tzu said: In comparison with Heaven and earth, man is like a mayfly. But compared to the Great Meaning, Heaven and earth, too, are like a bubble and a shadow. Only the primordial spirit and the true essence overcome time and space.

The power of the seed, like Heaven and earth, is subject to mortality, but the primordial spirit is beyond the polar differences. Here is the place whence Heaven and Earth derive their being. When students understand how to grasp the primordial spirit, they overcome the polar opposites of Light and darkness and tarry no longer in the three worlds. But only he who has looked on essence in its original manifestation is able to do this.

When men are set free from the womb the primordial spirit dwells in the square inch (between the eyes), but the conscious spirit dwells below in the heart. This lower fleshly heart has the shape of a large peach: it is covered by the wings of the lungs, supported by the liver, and served by the bowels. This heart is dependent on the outside world. If a man does not eat for one day even, it feels extremely uncomfortable. If it hears something terrifying it throbs; if it hears something enraging it stops; if it is faced with death it becomes sad; if it sees something beautiful it is dazzled. But the Heavenly Heart in the head, when would it have been in the least moved? Dost thou ask: Can the Heavenly Heart not be moved? Then I answer: How could the true thought in the square inch be moved? If it really moves, it is not well. For when ordinary men die, then it moves, but that is not good. It is best indeed if the Light has already fortified itself in a spirit body and its life force gradually penetrated the instincts and movements. But that is a secret which has not been revealed for thousands of years.

The lower heart moves like a strong, powerful commander who despises the Heavenly

ruler because of his weakness, and has seized for himself the leadership of the affairs of state. But when the primordial castle can be fortified and defended, then it is as if a strong and wise ruler sat upon the throne. The two eyes start the Light circulating like two ministers at the right and left who support the ruler with all their might. When the ruler in the center is thus in order, all those rebellious heroes will present themselves with lances reversed ready to take orders.

The way to the Elixir of life recognizes as supreme magic, seed-water, spirit-fire, and thought-earth; these three. What is seed-water? It is the true, one power (eros) of former Heaven. Spirit-fire is the Light (logos). Thought-earth is the Heavenly Heart of the middle house (intuition). Spirit-fire is used for effecting, thought-earth for substance, and seed-water for the foundation. Ordinary men make their bodies through thoughts. The body is not only the 7 ft. tall outer body. In the body is the anima. The anima, having produced consciousness, adheres to it. Consciousness depends for its origin on the anima. The anima is feminine, the substance of consciousness. As long as this consciousness is not interrupted, it continues to beget from generation to generation, and the changes of form of the anima and the transformations of substance are unceasing.

But, besides this, there is the animus in which the spirit shelters. The animus lives in the daytime in the eyes; at night it houses in the liver. When living in the eyes, it sees; when housing itself in the liver, it dreams. Dreams are the wanderings of the spirit through all nine Heavens and all the nine earths. But whoever is dull and moody on waking, and chained to his bodily form, is fettered by the anima. Therefore the concentration of the animus is effected by the circulation of the Light, and in this way the spirit is protected, the anima subjected, and consciousness is annulled. The method used by the ancients for escaping from the world consisted in burning out completely the slag of darkness in order to return to the purely creative. This is nothing more than a reduction of the anima and a bringing to perfection of the animus. And the circulation of the Light is the magical means of limiting the dark powers and gaining mastery of the anima. Even if the work is not directed toward bringing back the creative, but confines itself to the magical means of the circulation, one returns to the creative. If this method is followed, plenty of seed-water will be present of itself; the spirit-fire will be ignited, and the thought-earth will solidify and crystallize. And thus can the holy fruit mature. The scarab rolls his ball and in the ball there develops life as the effect of the undivided effort of his spiritual concentration. If now and embryo can grow in manure, and shed its skin, why should not the dwelling place of our Heavenly Heart also be able to create a body if we concentrate the spirit upon it?

The one effective, true essence (logos united with life), when it descends into the house of the creative, divides into animus and anima. The animus is in the Heavenly Heart. It is of the nature of light; it is the power of lightness and purity. It is that which we have received from the great emptiness, that which has form from the very beginning. The anima partakes of the nature of darkness. It is the power of the heavy and the turbid; it is bound to the bodily, fleshly heart. The animus loves life. The anima seeks death. All sensuous pleasures and impulses to anger are effects of the anima; it is the

conscious spirit which after death is nourished on blood, but which, during life, is in direst need. Darkness returns to darkness and like things attract each other. But the pupil understands how to distill the dark anima so that it transforms itself into Light.

### 3. CIRCULATION OF THE LIGHT AND PROTECTION OF THE CENTER

Master Lu Tzu said: Since when has the expression "circulation of the Light" been revealed? It was revealed by the "true men of the beginning of form". When the Light is allowed to move in a circle, all the powers of Heaven and earth, of the light and the dark, are crystallized. That is what is described as seed-like, or purification of the power, or purification of the concept. When one begins to apply this magic, it is as if, in the middle of one's being, there was a non-being. When in the course of time the work is finished, and beyond the body is another body, it is as if, in the middle of the non-being, there were a being. Only after a completed work of a hundred days will the Light be real, then only will it become spirit-fire. After a hundred days, there develops by itself in the middle of the Light, a point of the true Light-pole. Suddenly there develops a seed pearl. It is as if man and woman embraced and a conception took place. Then one must be quite still in order to await it. The circulation of the Light is the epoch of fire.

In the midst of primal becoming, the radiance of the Light is the determining thing. In the physical world it is the sun; in man the eye. The emanation and dissemination of spiritual consciousness is chiefly brought about by this power when it is directed outward (flown downward). Therefore the meaning of the Golden Flower depends wholly on the backward-flowing method.

Circulation of the Light is not only a circulation of the seed-blossom of the body, but it is, in the first place, a circulation of the true, creative, formative powers. It has to do, not with a momentary fantasy, but with the exhaustion of the circular course (soul wanderings) of all the eons. Therefore a breath-pause means a year - according to human reckoning - and a hundred years measured by the long night of the nine paths (of reincarnation).

After a person has the one tone of individualization behind them, they will be born outward according to the circumstances, and not until he is old will he turn a single time to the backward-flowing way. The force of the Light exhausts itself and trickles away. That brings the nine-fold darkness (of rebirths) into the world. In the book Leng Yen it is said: By concentrating the thoughts, one can fly; by concentrating the desires, one falls. When a pupil takes little care of his thoughts and much care of his desires, he gets into the path of depravity. Only through contemplation and quietness does true intuition arise; for that, the backward-flowing method is necessary.

In the book of the Secret Correspondences, it is said: Release is in the eye. In the

Simple Questions of the Yellow Ruler, it is said: The seed-blossom of the human body must be concentrated upward in the empty space. That refers to it. Immortality is contained in this sentence and also the overcoming of the world is contained in it. That is the common goal of all religions.

The Light is not in the body alone, neither is it only outside the body. Mountains and rivers and the great earth are lit by sun and moon; all that is this Light. Therefore it is not only within the body. Understanding and clarity, knowing and enlightenment, and all motion (of the spirit), are likewise this Light; therefore it is not just something outside the body. The Light-flower of Heaven and earth fills all thousand spaces. But also the Light-flower of one body passes through Heaven and covers the earth. Therefore, just as the Light is circulating, so Heaven and earth, mountains and rivers, are all rotating with it at the same time. To concentrate the seed-flower of the human body above in the eyes, that is the great key of the human body. Children, take heed! If for a day you do not practice meditation, this Light streams out, who knows whither? If you only meditate for a quarter of an hour, you can set ten thousand eons and a thousand births at rest. All methods take their source in quietness. This marvelous magic cannot be fathomed.

But when the work is started, one must press on from the obvious to the profound, from the course to the fine. Everything depends on there being no interruption. The beginning and the end of the work must be one. In between there are cooler and warmer moments, that goes without saying. But the goal must be to reach the breadth of Heaven and the depths of the sea, so that all methods seem quite easy and taken for granted. Only then do we have it in hand.

All holy men have bequeathed this to one another: nothing is possible without contemplation. When Confucius says: knowing brings one to the goal; or when Buddha calls it: the view of the Heart; or Lao Tzu says: inward vision, it is all the same.

Anyone can talk about reflection, but he cannot master it if he does not know what the word means. What has to be changed by reflection is the self-conscious heart, which has to direct itself toward that point where the formative spirit is not yet manifest. Within our 6 ft. body, we must strive for the form which existed before the laying down of Heaven and earth. If today people sit and meditate only one or two hours, looking only at their own egos, and call it contemplation, how can anything come of it?

The two founders of Buddhism and Taoism have taught that one should look at the end of one's nose. But they did not mean that one should fasten one's thoughts to the end of the nose. Neither did they mean that, while the eyes were looking at the end of the nose, the thoughts should be concentrated on the yellow middle. Wherever the eye looks, the heart is directed also. How can the glance be directed at the same time upward (yellow middle), and downward (end of the nose), or alternating, so that it is now up, now down? All that means confusing the finger with which one points to the moon with the moon itself.

What is really meant by this? The expression, "end of the nose," is very cleverly

chosen. The nose must serve the eyes as a guiding line. If one is not guided by the nose, either one opens wide the eyes and looks into the distance, so that the nose is not seen, or the lids shut too much, so that the eyes close, and again the nose is not seen. But when the eyes are opened too wide, one makes the mistake of directing them outward, whereby one is easily distracted. If they are closed too much then one makes the mistake of letting them turn inward, whereby one easily sinks into a dreamy reverie. Only when the eyelids are sunk properly halfway, is the end of the nose seen in just the right way. Therefore it is taken as a guiding line. The main thing is to lower the eyelids in the right way, and then allow the Light to stream in of itself, without trying to force the Light to stream in by a concentrated effort. Looking at the nose serves only as the beginning of the inner concentration, so that the eyes are brought into the right direction for looking, and then are held to the guiding line; after that, one can let it be. That is the way a mason hangs up a plumb line. As soon as he has hung it up, he guides his work by it without continually bothering himself to look at the plumb line. Fixating contemplation is a Buddhist method which by no means has been handed down as a secret.

One looks with both eyes at the end of the nose, sits upright and in a comfortable position, and holds the heart to the center in the midst of conditions (on the fixed pole in the flight of phenomena). In Taoism it is called the yellow middle, in Buddhism the center in the midst of conditions. The two are the same. It does not necessarily mean the middle of the head. It is only a matter of fixing one's thinking on the point that lies exactly between the two eyes. Then all is well. The Light is something extremely mobile. When one fixes the thought on the midpoint between the two eyes, the Light streams in of its own accord. It is not necessary to direct the attention especially to the central castle. In these few words the most important thing is contained.

"The center in the midst of conditions," is a very fine expression. The center is omnipresent; everything is contained in it; it is connected with the release of the release of the whole process of creation. The condition is the portal. The condition, that is the fulfillment of this condition, makes the beginning, but it does not bring about the rest with inevitable necessity. The meaning of these two words is very fluid and subtle.

Fixating contemplation is indispensable, it ensures the strengthening of illumination. Only one must not stay sitting rigidly if worldly thoughts come up, but one must examine where the thought is, where it began, and where it fades out. Nothing is gained by pushing reflection further. One must be content to see where the thought arose, and not seek beyond the point of origin; for to find the heart (consciousness), to get behind consciousness with consciousness - that cannot be done. We want to bring the status of the heart together in rest - that is true contemplation. What contradicts it is false contemplation. This leads to no goal. When the flight of thoughts keeps extending farther, one should stop and begin contemplating. Let one contemplate and then start concentrating again. That is the double method of strengthening the illumination. It means the circular course of the light. The circular course is fixation. The Light is contemplation. Fixation without contemplation is circulation without Light. Contemplation without fixation is Light without circulation.



#### 4. CIRCULATION OF THE LIGHT AND MAKING THE BREATHING RHYTHMICAL

Master Lu Tzu said: The decision must be carried out with a whole heart, and, the result no sought for; the result will come of itself. In the first period of release there are chiefly two mistakes: laziness and distraction. But that can be remedied; the heart must not enter into the breathing too completely. Breathing comes from the heart. What comes out of the heart is breath. When the heart stirs, there develops breath-power. Breath-power is originally transformed activity of the heart. When our hearts go very fast they imperceptibly pass into fantasies which are always accompanied by the drawing of a breath, because this inner and outer breathing hangs together like tone and echo. Daily we draw innumerable breaths and have an equal number of fantasy-representations. And thus the clarity of the spirit is depleted just as wood dries out and ashes die.

Should a man have no images in his mind? One cannot be without images. Should one not breathe? One cannot do without breathing. The best way is to make a cure out of the illness. Since heart and breath are mutually dependent, the circulation of the Light must be united with the rhythm of breathing. For this, Light of the ear is above all necessary. There is a Light of the eye and a Light of the ear. The Light of the eye is the united Light of the sun and moon outside. The Light of the ear is the united seed of sun and moon within. The seed is also the Light in crystallized form. Both have the same origin and are different only in name. Therefore, understanding (ear) and clarity (eye) are one and the same effective Light.

In sitting down, after dropping the lids, one establishes a plumb-line with the eyes and shifts the Light downward. But if the transposition downward is not successful, then the heart is directed toward listening to the breathing. One should not be able to hear with the ear the outgoing and inhaling of the breath. What one hears is that it has no tone. As soon as it has tone, the breathing is rough and superficial, and does not penetrate into what is fine. Then the heart must be made quite light and insignificant. The more it is released, the less important it becomes; the less important, the quieter. All at once it becomes so quiet that it stops. Then the true breathing is manifested and the form of the heart can be made conscious. When the heart is light, the breathing is light, for every movement of the heart brings about breathing power. If breathing is light, the heart is light, for every movement of the breath affects the heart. In order to steady the heart, one begins by cultivating the breathing power. The heart cannot be influenced directly. Therefore the breathing power is used as a handle, and this is what is called protecting the collected breathing power.

Children, do you not understand the nature of motion? Motion can be produced by outside means. It is only another name for mastery. One can make the heart move merely by running. Should one not be able to bring it to rest then by concentrated quietness? The great holy ones who knew how the heart and breathing power mutually

influence one another, have thought out an easier procedure as a way of helping posterity.

In the Book of the Elixir, it is said: The hen can hatch her eggs because her heart is always listening. That is an important magic spell. The reason the hen can hatch her eggs is because of the power to heat. But the power of the heat can only warm the shells; it cannot penetrate into the interior. Therefore with her heart she conducts this power inward. This she does with her hearing. In this way she concentrates her whole heart. When the heart penetrates, the power penetrates, and the chick receives the power of the heart and begins to live. Therefore a hen, even when she has left her eggs, always has the attitude of listening with a bent ear. Thus the concentration of the spirit is not interrupted. Because the concentration of the spirit suffers no interruption, neither does the power of heat suffer interruption day or night, and the spirit awakes to life. The awakening of the spirit is accomplished because the heart has first died. When a man can let his heart die, then the primordial spirit wakes to life. To kill the heart does not mean to let it dry and wither away, but it means that it is undivided and gathered into one.

Buddha said: When you fix your heart on one point, then nothing is impossible for you. The heart easily runs away, so it is necessary to gather it together by means of breathing power. Breathing power easily becomes coarse, therefore it has to be refined by the heart. When that is done, can it then happen that it is not fixed?

The two mistakes of laziness and distraction must be combated by quiet work that is carried on daily without interruption; then results will certainly be achieved. If one is not seated during meditation, one will often be distracted without noticing it. To become conscious of the inattention is the mechanism by which to do away with inattention. Laziness of which a man is conscious, and laziness of which he is unconscious, are many miles apart. Unconscious laziness is real laziness; conscious laziness is not complete laziness, because there is still some clarity in it. Distraction comes from letting the spirit wander about; laziness comes from the spirit not yet being pure. Distraction is much easier to correct than laziness. It is as in sickness if one feels pains and itches, one can help them with remedies, but laziness is like a disease that is attended by loss of feeling. Distraction can be overcome, confusion can be straightened out, but laziness and absent-mindedness are heavy and dark. Distraction and confusion at least have a place, but in laziness and absent-mindedness the anima alone is active. In inattention the animus is still present, but in laziness pure darkness rules. If one becomes sleepy during meditation, that is an effect of laziness. Breathing alone serves to remove laziness. Although the breath that flows in and out through the nose is not the true breath, the flowing in and out of the true breath is connected with it.

While sitting, one must, therefore, always keep the heart quiet and the power concentrated. How can the heart be made quiet? By breathing. The heart alone must be conscious of the flowing in and out of the breath; it must not be heard with the ears. If it is not heard, then the breathing is light; if light, it is pure. If it can be heard, then the breathing power is heavy; if heavy, then it is troubled; if it is troubled, then laziness and

absent-mindedness develop and one wants to sleep. That is self-evident.

How to use heart correctly during breathing must be understood. It is use without use. One need only let the Light fall quite gently on the hearing. This sentence contains a secret meaning. What does it mean to let the Light fall? It is the radiance of the Light of one's own eyes. The eye looks inward and not outward. To sense brightness without looking outward means to look inward; it has nothing to do with an actual looking within. What does hearing mean? It is hearing the Light of one's own ear. The ear listens only within and does not listen to what is outside. To sense brightness without listening to what is outside, is to listen to what is within; it has nothing to do with actually listening to what is within. In this sort of hearing, one only hears that there is no sound; in this kind of seeing, one only sees that no shape is there. If the eye is not looking outward and the ear is not harkening outward, they close themselves and are inclined to sink inward. Only when one looks and harkens inward does the organ not go outward nor sink inward. In this way laziness and absent-mindedness are done away with. That is the union of the seed and the Light of the sun and moon.

If, as a result of laziness, one becomes sleepy, one should stand up and walk about. When the spirit has become clear one can sit down again. If there is time in the morning, one may sit during the burning of an incense candle, that is the best. In the afternoon, human affairs interfere and one can therefore easily fall into laziness. It is not necessary to have an incense candle. But one must lay aside all complications and sit quite still for a time. In the course of time there will be success without one's getting lazy and falling asleep.

## 5. MISTAKES DURING THE CIRCULATION OF THE LIGHT

Master Lu Tzu said: Your work will gradually draw itself together and mature, but before you reach the condition in which you sit like a withered tree before a cliff, there are many other possibilities of error which I would like to bring to your special attention. These conditions are only recognized when they have been personally experienced. I will enumerate them here, My school differs from the Buddhist yoga school, in that it has confirmatory signs for each step of the way. First I would like to speak of the mistakes and then the confirmatory signs.

When one sets out to carry out one's decision, care must be taken to see that everything can proceed in a comfortable, easy manner. Too much must not be demanded of the heart. One must be careful that, quite automatically, heart and power correspond to one another. Only then can a state of quietness be attained. During the quiet state the right conditions and the right place must be provided. One must not sit down (to meditate) in the midst of frivolous affairs. That is to say, one must not have any vacuities in the mind. All entanglements must be put aside and one must be supreme and independent. Nor must the thoughts be directed toward the right procedure. If too much trouble is taken there is danger of doing this. I do not mean that no trouble is to be taken, but the right behavior lies in the middle way between being and non-being. If one

can attain purposelessness through purpose, then the thing has been grasped. Supreme and without confusion, one goes along in an independent way. Furthermore, one must not fall victim to the ensnaring world. The ensnaring world is where the five kinds of dark demons disport themselves.

This is the case, for example, when, after fixation, one has chiefly thoughts of dry wood and dead ashes, and few thoughts of the resplendent spring on the great earth. In this way one sinks into the world of darkness. The power is cold there, breathing is heavy, and many images of coldness and decay display themselves. If one tarries there long one enters the world of plants and stones.

Nor must a man be led astray by the ten thousand ensnarements. This happens if, after the quiet state has begun, one after another all sorts of ties suddenly appear. One wants to break through them and cannot; one follows them, and feels relieved by this. This means the matter has become a servant. If a man tarries in this state long he enters the world of illusory desires.

At best, one goes to Heaven; at the worst, one goes among the fox-spirits. Such a fox-spirit might also occupy himself in the famous mountains enjoying the wind and the moon, the flowers and fruits, and taking his pleasure in coral trees and jeweled grass. But after he has been occupied thus for three to five hundred years, or at the most, for a couple of thousand years, his reward is over and he is born again into the world of turmoil.

All of these are wrong paths. When a man knows the wrong paths, he can then inquire into the confirmatory signs.

## 6. CONFIRMATORY EXPERIENCES DURING THE CIRCULATION OF THE LIGHT

Master Lu Tzu said: There are many kinds of confirmatory experiences. One must not content oneself with small demands but must rise to the thought that all living creatures have to be freed. It is not permissible to be trivial and irresponsible in heart. One must strive to make deeds one's words.

If, when there is quiet, the spirit has continuously and uninterruptedly a sense of great gaiety as if intoxicated or freshly bathed, it is a sign that the Light principle in the whole body is harmonious; then the Golden Flower begins to bud. When, furthermore, all openings are quiet, and the silver moon stands in the middle of Heaven, and one has the feeling that the great earth is a world of light and brilliancy, that is a sign that the body of the heart opens itself to clarity. It is a sign that the Golden Flower is opening.

Furthermore, the whole body feels strong and firm so that it fears neither storm nor frost. Things by which other men are displeased, when I meet them, cannot cloud the brightness of the seed of the spirit. Yellow gold fills the house; the steps are white jade. Rotten and stinking things on earth that come in contact with one breath of true power will immediately live again. Red blood becomes milk. The fragile body of the flesh is sheer gold and diamonds. That is a sign that the Golden Flower is crystallized.

The Book of Successful contemplation says: The sun sinks in the Great Water and magic pictures of trees in rows arise. The setting sun means that in Chaos (in the world before phenomena, that is, intelligible world), a foundation is laid: that is the condition free of opposites. Highest good is like water, pure and spotless. It is the ruler of the Great Polarity, the god who is revealed in the sign for that which greatly disturbs, Chen. Chen is also symbolized by wood, wherefore the images of trees in rows appears. A sevenfold row of trees means the light of the seven body-openings (or heart-openings). In the northwest is the direction of the creative. When it moves on one place farther, the abysmal is there. The sun which sinking into the Great Water is the image for the creative and abysmal. The abysmal is the direction of midnight (mouse, north). At the winter solstice the thunder (Chen) is in the middle of the earth quite hidden and covered up. Only when the sign Chen is reached, does the Light-pole come over the earth again. That is the picture representing the row of trees. The rest can be correspondingly inferred.

The second part refers to the building of the foundation on this. The great world is like ice, a glassy world of jewels. The brilliancy of the Light is gradually crystallized. That is why a great terrace arises and upon it, in the course of time, Buddha appears. When the Golden Being appears who should it be but Buddha? For Buddha is the Golden Saint of the Great Enlightenment. This is a great confirmatory experience.

Now there are these confirmatory experiences which can be tested. The first is that, when one has entered the state of meditation, the gods are in the valley. Men are heard talking as though at a distance of several hundred paces, each one quite clear. But the sounds are all like an echo in a valley. One can always hear them, but never oneself. This is called the presence of the gods in the valley.

At times the following can be experienced: as soon as one is quiet, the Light of the eyes begins to blaze up, so that everything before one becomes quite bright as if one were in a cloud. If one opens one's eyes and seeks the body, it is not to be found any more. This is called: In the empty chamber it grows light. Inside and outside, everything is equally light. That is a very favorable sign. Or, when one sits in meditation, the fleshly body becomes quite shining like silk or jade. It seems difficult to remain sitting; one feels as if drawn upward. This is called: The spirit returns and pushes against Heaven. In time, one can experience it in such a way that one really floats upward.

And now it is possible to leave all three of these experiences. But not everything can be expressed. Different things appear to each person according to his gifts. If one experiences these things, it is a sign of a good aptitude. With these things it is just as it

is when one drinks water. One can tell for oneself whether the water is warm or cold. In the same way a man must convince himself about these experiences, then only are they real.

## 7. THE LIVING MANNER OF THE CIRCULATION OF THE LIGHT

Master Lu Tzu said: When there is gradual success in producing the circulation of the Light, a person must not give up their ordinary occupation in doing it. The ancients said: When occupations come to us, we must accept them; when things come to us, we must understand them from the ground up. If the occupations are regulated by correct thoughts, the Light is not scattered by outside things, but circulates according to its own law. Even the still-invisible circulation of the Light gets started this way, how much more then is it the case with the true circulation of the Light which has already manifested itself clearly. When in ordinary life one has the ability always to react to things by reflexes only, without any admixture of a thought of others or of himself, that is a circulation of the Light arising out of circumstances. It is the first secret.

## 8. A MAGIC SPELL FOR THE FAR JOURNEY

Master Lu Tzu said: Yu Ching has left behind him a magic spell for the Far Journey:

Words crystallize the spirit in the place of power.

The sixth month the white snow is suddenly seen to fly.

The third watch the disk of the sun sends out shining rays.

The water blows the wind of gentleness.

Wandering in Heaven, one eats the spirit-power of the receptive.

The deeper secret within the secret:

land that is nowhere, that is the true home.

These verses are full of mystery. The meaning is: The most important thing in the Great Meaning is the four words: non-action in action. Non-action prevents a person from becoming entangled in form and image (substantiality). Action in non-action prevents a person from sinking into numbing emptiness and a dead nothingness. The effect is in the two eyes. The two eyes are like the pole of the Great Wain which turns the whole of creation; the cause the poles of Light and darkness to rotate. The Elixir

depends from beginning to end on the One; the metal in the middle of the water, that is, the lead in the water-region. Heretofore we have spoken of the circulation of the Light, indicating thereby the initial release which works from without upon what lies within. This is to aid one in obtaining the Master. It is for the pupils in the beginning stages. They go through the two lower transitions in order to gain the upper one. After the sequence of events is clear and the nature of the release is known, Heaven no longer withholds the Meaning, but reveals the ultimate truth. Disciples keep it secret and hold to it strictly!

The circulation of the Light is the inclusive term. The further the work advances, the more can the Golden Flower bloom. But there is a still more marvelous kind of circulation. Til now we have worked from the outside on what is within; now we tarry in the center and rule what is external. Hitherto, it was a service in aid of the Master; now it is a dissemination of the commands of this Master. The whole relationship is now reversed. If one wants to penetrate the more delicate regions by this method, one must first see to it that the body and heart are completely controlled, that one is quite free and at peace, letting go of all entanglements, untroubled by the slightest excitement, with the Heavenly Heart exactly in the middle. Then let one lower the lids of the two eyes as if one received a holy edict, a summons to the minister. Who would dare disobey? Then one illumines the house of the abysmal (water) with both eyes. Wherever the Golden Flower appears, the true Light of polarity goes out to meet it. The principle of that which adheres to (lightness), is light outside and dark within; it is the body of the creative. Darkness enters and becomes master. The results is that the heart (consciousness), becomes dependent on things, is directed outward, and is tossed about on the stream. When the rotating Light shines within the heart, it does not become dependent on things, the power of the dark is limited, and the Golden Flower shines with concentration. It is then the collected Light of polarity. Things that are related attract each other. Thus does the polarity Light-line of the abysmal press upward. It is not only the Light in the abyss, but it is creative Light meeting creative Light. As soon as these two substances meet each other, they unite inseparably, and unceasing life begins; it comes and goes, and rises and falls of itself, in the house of primordial power. One is aware of effulgence and infinity. The whole body feels lighter and would like to fly. This is the state of which it is said: Clouds fill the thousand mountains. Gradually it (life) goes here and there quite quietly; it rises and falls imperceptibly. The pulse stands still and breathing stops. This is the moment of true creative unity, the state of which it is said: The moon gathers up the ten thousand waters. In the midst of this darkness, the Heavenly Heart suddenly begins a movement. This is the return of the one Light, the time when the child comes to life.

But the details of this must be carefully explained. When a person looks at something, listens to something, eyes and ears move and follow the things until they have passed. These movements are all underlings, and when the Heavenly ruler follows them in their tasks, it means: To live together with demons.

If now, during every movement and every moment of rest, a person lives together with people and not with demons, then the Heavenly ruler is the true man. When he moves

and we move with him, the movement is the root of Heaven. When he is quiet and we are quiet with him, this quietness is the cave of the moon. When he continues to alternate movement and quietness, one ought to go on with him unceasingly in movement and quietness. If he rises and falls with inhaling and exhaling, we must rise and fall with him. That is what is called going to and fro between the root of Heaven and the cave of the moon.

When the Heavenly Heart still preserves calm, movement before the right time is a fault of softness. When the Heavenly Heart has already moved, the movement that follows afterwards, corresponding with it, is a fault of rigidity. As soon as the Heavenly Heart is stirring, one must immediately mount with all one's feeling to the house of the creative. Thus the Light of the spirit sees the summit that is the leader. This movement is in accord with the time. The Heavenly Heart rises to the summit of the creative, where it expands in complete freedom. Then suddenly it wants the deepest silence, and one must lead it speedily and with one's whole being into the yellow castle. Thus the eyes behold the central yellow dwelling place of the spirit.

When the desire for silence comes, not a single thought arises; he who is looking inward suddenly forgets that he looks. At this time, body and heart must be left completely free. All entanglements disappear without trace. Then I no longer know at what place the house of my spirit and my crucible are. If a man wants to make certain of his body, he cannot get at it. This condition is the penetration of Heaven into earth, the time when all wonders return to their roots.

The One is the circulation of the Light. If one begins, it is at first scattered and one tries to collect it; the six senses are not active. This is the care and nourishment of one's own origin, the filling up of the oil when one goes to receive life. When one is far enough to have gathered it, one feels light and free and need take no further trouble. This is the quieting of the spirit in the space of the ancestors, the taking possession of former Heaven.

When one is so far advanced that every shadow and every echo has disappeared, so that one is quiet and firm, it is safe within the cave of power, where all that is miraculous returns to its roots. The place is not changed but divides itself. It is incorporeal space where a thousand and ten thousand places are one place. The time is not changed, but divides itself. It is immeasurable time when all the eons are like a moment.

As long as the heart has not attained complete peace, it cannot move itself. One moves the movement and forgets the movement; this is not movement in itself. Therefore it is said: If, when stimulated by external things, one is moved, it is the instinct of the being. If, when not stimulated by external things, one is moved, it is the movement of Heaven. The being that is placed over against Heaven, can fall and come under the domination of the instincts. The instincts are based upon the fact that there are external things. They are thoughts that go on beyond their own position. Then movement leads to movement. But, when no idea arises, the right ideas come. That is the true idea. If things are quiet and one is quite firm, the release of Heaven suddenly



moves. Is this not a movement without purpose? Action in inaction has the same meaning.

As to the beginning of the poem, the first two lines refer entirely to the activity of the Golden Flower. The two next lines are concerned with the mutual interpenetration of sun and moon. The sixth month is the adhering fire. The white snow that flies, is the true darkness of polarity in the middle of the fire sign, that is about to turn into the receptive. The third watch is the abysmal water. The sun's disk is the one polar line in the sign for water, which is about to turn into the creative. In this is contained the way to take the sign for the abysmal and the way to reverse the sign for the adhering fire. The following two lines have to do with the activity of the pole of the Great Wain, the rise and fall of the whole release of polarity. Water is the sign of the abysmal; the eye is the wind of softness. The light of the eyes illumines the house of the abysmal, and controls there the seed of the great Light. "In Heaven" means the house of the creative. "Wandering, in Heaven, one eats the spirit-power of the receptive." This shows how the spirit penetrates the power, and how Heaven penetrates the earth; this happens so that the fire can be nourished.

This version of the Secret of the Golden Flower was translated by Walter Picca in 1964 as part of his work with the Church of the Word of God to explain the doctrine of desire-imagination to win the promise of God.?

## Conclusion

This concludes the article, I hope you found some truth in it, and as always, send me an email if you have any questions or comments.

Good Health and Training,

Koujiryuu

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Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective

Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective; 'Intended Constant Bodily Functioning in a Dynamic State'

## Introduction

Practitioners of the Qigong styles Iron Shirt and Golden Bell are highly skilled in metaphysical methods of bodily protection and increasing bodily attributes in a beneficial way. These styles of qigong were developed over the many, many years and have reached a complex and fully developed level. As proponents of the Dynamic Psi paradigm we understand the nature of the soul, the universe, and the energy in a different manner and believe that these qigong practices can be understood differently and improved upon under the dynamic psi paradigm. In this article the concepts and practices behind Iron Shirt and Golden Bell Qigong will be discussed after which the Dynamic Psi interpretation will be considered as to how we can understand and improve upon this system.

## Suggested Reading

For a great history and an in depth explanation of the forms of Qigong described in this article please read 'Muscle/tendon changing and marrow/brain washing chi kung' by Yang, Jwing-Ming.

## The Development of Iron Shirt and Golden Bell

Humans, being both prone to injury and entirely mortal, often require protection from physical stresses as completely succumbing to these stresses results in death. It can be said that much of our life is an attempt to distract ourselves from this truth, but this is of course only one perspective. When we directly confront our mortality we may be able to address the situation with both a level head as well as a rational thought process, this is one of many concepts well known to Buddhism and likely one idea the Bodhidharma had in mind when he created the muscle tendon changing and marrow/brain washing Qigong practices.

The historical accounts are conflicting on the Bodhidharma and the creation of Iron Shirt and Golden Bell however the current wiki entry on the subject seems sufficient at the

time for some background;

<http://en.wikipedia.org/wiki/Bodhidharma>

[http://en.wikipedia.org/wiki/Y%C3%AC\\_J%C4%ABn\\_J%C4%ABng](http://en.wikipedia.org/wiki/Y%C3%AC_J%C4%ABn_J%C4%ABng)

Regardless of disagreements or possible errors in historical documentation we have a system of qigong created for self protection and ultimately self enlightenment that can be learned and utilized by those who put forth the effort.

Indeed both Iron Shirt and Golden Bell are attempts to protect the practitioner from harm and grant them with great health and strength, however what they provide is a method of practice to gain spiritual insight about one's soul. The aim is not to create a stronger person but to create a person better capable of expressing the will of the soul, just as all metaphysical endeavors should be. It is by time and a great deal of focused effort that we can make positive changes in our lives, and when doing this the practice of Qigong becomes a model for self improvement that we can use in all other areas of our life, this is the true strength of any style of Qigong.

## Definitions

Iron Shirt and Golden Bell Qigong are considered to be two different practices and more specifically Iron Shirt is the initial training one goes through to progress to Golden Bell. Iron Shirt training is a hard qigong that provides protection to the muscular, tendonous, and ligamentous tissues whereas Golden Bell is a soft qigong that provides protection to all tissues within the body including the soft tissues (such as the eyes) and can be extended outside of the body preventing contact entirely. These definitions are suitable for a simple explanation however it is how they are done that truly defines the qigong.

We consider different styles of Qigong hard or soft style based on the training methods they employ. For example, Tai Chi can be considered a soft style, Tiger style Kung Fu a hard style, and White Crane is often referred to as a Hard/Soft style (as it employs elements of both). Hard qigong focuses on difficult, often highly strenuous, physical training, whereas soft qigong will use soft fluid movements and forms of mental training such as meditation. Both of these training methods are said to allow the qigong practitioner to develop the strength of and control over their qi.

Iron Shirt uses direct physical hitting of the body wherein, starting from the solar plexus and slowly extending to the rest of the body, the body is given light taps and builds up tolerance to the point where the practitioner can receive harder and harder forces. When a practitioner has successfully completed the Iron shirt training they can then begin the Golden Bell qigong practice. Golden bell often uses meditation wherein the practitioner, along with breathing exercises, practices bringing their qi to all areas of the body and then outside to protect themselves. These methods of practice are outlined in this article not because it is believed to be a necessity but to show the depth and difficulty of the training.

Iron Shirt and Golden Bell are practices that the proponent will often spend a lifetime perfecting. The important point to take from this is that by belief in these methods of qigong and the expectation of qi developing in abundance from the practices we have all the necessary elements to create change in the physical world through metaphysical means.

#### How it works under Dynamic Psi Principles

As stated previously we have all the necessary elements for the activation of a psionic occurrence, those being intent, energy, and actualization.

The qigong practitioner has intent to direct energy and protect himself, he gathers energy through regular Qigong practice (and the expectation that it will happen due to this practice), and he actualizes throughout the entire practice. Because of this, every time the qigong practitioner is engaged in Iron Shirt or Golden bell, every single tap, strike, or breath, the practitioner continuously goes through the process of forming intent, gathering energy, and actualization, over and over again. The frequency of training is also very high and done over a very long period of time so repetition is a factor as well.

Within the initial and some of the later training phases of these qigong practices there is often a lack of understanding as to the specific mechanisms of energy and the nature of the soul, though this is not necessarily a hindrance. It is believed in most forms of qigong that qi is the 'supreme ultimate', that the power and ability comes from the energy itself and that this energy is directed by physical movements. In psionics we understand it to be the that soul gives the energy purpose and that the energy is easily directed by expectation of the soul (and the physical has no real effect upon the energy). Though these previous facts are not understood by qigong practitioners it is by the strength of expectation that they are able to achieve such physical abilities and transcendental states of mind, and this is done by spending a great deal of time creating small changes to achieve the intended end result.

This information leads us to the conclusion that though the practices of iron shirt and golden bell do work there is no full understanding of the energy or the expectation that guides it and that with a greater understanding of the mechanisms of the energy and the soul a more effective method of training can be devised.

#### A Psionics method

To create a practice that models the Iron Shirt and Golden Bell we first have to determine what we want out of a practice such as this. What we want is what the original iron shirt and golden bell provided with a method of achieving these things that is simple to conceptualize, easy to practice, and makes full use of the actual qualities of the energy.

What iron shirt and golden bell provided was firstly a method of constant bodily protection, a great improvement or supplement to physical attributes, and an increase in health and well being. These are very good qualities but now we must encapsulate all these things in a conceptually simplified manner.

Because we are dealing with a physical structure (the body) we must as always deal within the realm of what is possible within the physical domain. Understand that though it may not be possible to create a future a moment from now in which we have all the benefits of iron shirt and golden bell qigong we may be able to gradually create that future through consistent practice, good decisions, and various future selections, like any qigong practitioner will.

The conceptualization that the author has determined to be the best fit for the above criteria is, 'Continual intended bodily functioning in a dynamic state'. Doubtlessly the reader asks, "What does this mean?", to which the author replies, "Many things".

This conceptualization is intended to be a daily practice that actualizes a specific intent that creates a superior state of body. Let us break this intent down; 'Continual', meaning 'constant' or 'always'. 'Inteded bodily functioning', means that your body will function just as you expect it to when you expect it to. The 'Dynamic state' is a reference to the fact that the body, as all physical things are, is in a constant state of movement and change and only static when dead (and even then there's still the process of decomposition). So the conceptualization in full means that; Your body will always do whatever you want it to when you want it to regardless of what changes are going on around it.

The implications of the above conceptualization are quite a few. We all have a fairly general and consistent intention to do our bodies well and provide good health and if your body is highly reactive to this intention (which practice of the above will make it so) then your body will make it's way towards this intended goal of good health. The same is true if it is our intention that we are physically strong or intelligent.

There is as well the subject of protection. What the conceptualization also creates is a state of body where it cannot deviate too far from a functioning state, quite simply it can't moved or changed in such a way that would be harmful to it. As a specific example; The impact of a hook punch to the jaw can be seen as a negative change to the body's structure however the proper practice of the above conceptualization will prevent this change from occurring.

This is a conceptualization that, if properly used, will grow with time time and practice, slowly making the small and necessary changes to achieve the practitioner's set goals, much like the qigong styles it takes from. As well, this is a conceptualization that will help achieve the same objectives as the original Iron Shirt and Golden Bell but without training that is only based on assumptions about the energy and soul.

The conceptualization outlined above is brought into effect by the same process as any other psionic practice, through forming intent, gathering energy, and actualization. How

you choose to actualize is up to you. Hopefully you utilize related physical practices as well to help re-enforce the intended outcomes just as the original qigong practices do.

It is worth considering to conceptualize this practice by way of a symbol that you can associate it with. The conceptualization is specifically worded but somewhat long so it may be beneficial to use a symbol that you feel represents the same thing to make the process easier.

It is of the utmost importance in the use of this psionic practice to have a regular and complementary physical training schedule. We are attempting to positively affect the physical body and a regular physical practice that complements and emphasizes this, such as a strict and traditional martial art, will reinforce and provide another stimulus to create our desired changes.

It is impossible to fully explain the type of training necessary in any written work as there are always physical movements and applications thereof that just cannot be properly written. No one single martial art can be said to be "the best" for this practice, or for any reason at all, and it is more often the case that it is the people involved in the training and teaching of the martial art that will determine its value to you.

If you are able to find a physical practice or martial art that challenges you, is a positive experience in your life, and provides you with skills and experiences to achieve your goals then you've likely found a good place and some good people to train with. Further to this point, the art is only limited by the practitioner, with clear thinking, reasoning, and hard work any art can be developed further and better utilized to the practitioners own goals, though 'hard work' must be emphasized here.

## Conclusion

The use of a carefully selected psionics intent combined with physical practices provides a useful ability to control specific details of physical conditioning and a method of achieving greater understanding of psi and the soul.

The level to which a practitioner of Qigong holds him/herself and aspires to is paralleled by very few other art forms. It is in the author's opinion that the practice of Qigong is due all the respect one can give it. Though practitioners of Qigong and psionics view the origins of metaphysics differently the effects of good qigong practice are so great that their value cannot be contested.

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February 27, 2010, 12:55:51 PMReply #1

Mindlessinvalid

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Re: Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective

I may have missed this in the article, but maybe using the psionic approach as a supplement to aid in growth in iron body and golden bell would be a good suggestion.

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Clothes make the man, and naked people have little or no say in society.

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Re: Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective

Quote from: Mindlessinvalid on February 27, 2010, 12:55:51 PM

I may have missed this in the article, but maybe using the psionic approach as a supplement to aid in growth in iron body and golden bell would be a good suggestion.

...yeah. Someone should write an article about that. :)

-k

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February 28, 2010, 04:55:21 PMReply #3

Mindlessinvalid

Posts By Osmosis

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Re: Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective

I'm not qualified, 5 years (almost 6) of psionics experience and I still don't feel like I'm good enough to teach.

I was always in the energy paradigm until recently so I'm definitely not ready to teach until I get more into dynamic psi.

I can write articles on the hypothetical applications of hermetic laws in psionics, but I don't know the protocol for writing articles here.

Point me in the right direction so I can write?

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Clothes make the man, and naked people have little or no say in society.

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Zake

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Re: Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective

I wonder if this approach would actually be a true psionic equivalent to iron shirt/golden bell. Presumably, the intent of a kung fu practitioner of these arts is to achieve the powers generally attributed to an iron shirt/golden bell master (imperviousness to blows, etc); while this may tend to be a parallel desire to "continual intended body function in a dynamic state," it is a very distinct intent in itself. For example, no element of a kung fu practitioner's intent will prevent him from encountering a force greater than his iron shirt protection and thus dying (consider all the martial artists, such as in the Boxer rebellion, slain by gunfire.)

More pertinent to a psionist, also, the suggested conceptualization also has the potential to go well beyond the effects of iron shirt/golden bell. We may extend the duration of our intended body function not only by resisting threatening physical forces, but also by not being hit by these forces, or indeed, by being far away from these

forces! Which sounds nice- it could keep you away from moral danger, after all- but could be slightly insidious; we may, for some reason, want to be in the presence of threatening forces, and in this case we would be acting against that conceptualization. A motorcyclist employing this method may find his vehicle repeatedly failing to start in the morning, a soldier may find himself inexplicably dismissed from service due to some accidental offense.

Essentially, be careful what you would "wish" for. Even health is something we may not want unconditionally.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

March 31, 2010, 12:00:32 PMReply #5

Kettle

Teacher Emeritus

Veritas Furniture

Offline

\*\*\*\*\*

Frequent poster

376

Karma:

20

Personal Text

Frequent poster

View Profile

Re: Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective

Quote

More pertinent to a psionist

? Are we using that word now? I like it.

And, I agree with you Zake, the conceptualization indeed has the potential to go far beyond the limits of Iron Shirt and Golden Bell. This is part of what I was trying to present within the article, that the Qigong practices are effective yet limiting in certain ways and that these limits can be removed when using the Dynamic Psi paradigm, though I realize I didn't specifically state that. I imagine it's in there somewhere anyways :)

Quote

Essentially, be careful what you would "wish" for.

And I think this is the understanding all good practitioners come to realize eventually. It's the intent that matters, what you do to make it happen is secondary.

-k

Logged

April 05, 2010, 08:20:45 PMReply #6

Zake

Posts By Osmosis

Offline

\*\*\*\*\*

Veritas Staff

1722

Karma:

1

Personal Text

Veritas Staff

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Re: Iron Shirt and Golden Bell Qi Gong from a Psionics Perspective

Oh, hah, I didn't even realize I'd written "psionacist." Clearly I've been playing too many RPGs.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

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Pages: [1]

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Pages: [1] 2

Author Topic: Iron Hand and Iron Body – The Metaphysical Boxing Approach (Read 29603 times)

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March 24, 2009, 10:38:42 AMRead 29603 times

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Iron Hand and Iron Body – The Metaphysical Boxing Approach

(This article was originally posted on my blog. I wanted to post it here to get some feedback)

Iron Hand and Iron Body – The Metaphysical Boxing Approach (basic level).

By Josh Skinner

## Introduction:

Iron hand and iron body skills have always intrigued me and I'm not alone. You can find quite a few articles on the subject and there are more than a few people selling books, videos, and courses on the subject. The idea of developing bone crushing power and the ability to take the most power strikes your opponent can muster is always going to be compelling for the martial artist. However, I've found that until now there all that has been available are routines either too conservative in their approach, too extreme, or simply provide an incomplete picture of iron skills training. In terms of this training I've had hands on instruction, bought books, bought videos, and even attended seminars. I've practiced what I learned for nearly ten years now. Over the years I've mixed routines, added drills and exercises, and dropped things out completely. What I now practice and teach is, I feel, the most effective and efficient method of iron skill development you will come across. The method presented in the following piece is the basic level of iron skill development. Higher level development includes more advance internal power development exercises. However, what you will find in this piece is much more advanced than most other information on the iron skills you can obtain for free or purchase.

I feel that a complete course in the development of the Iron Skills should involve considerable conditioning of the following aspects of the marital artist:

1. The Mind and Internal Energy – this can be accomplished through the use of Qigong, internal power exercises (nei jing gong), and the proper use of focus (intent and will).
2. The Musculature – this can be accomplished through the use of specific physical exercises.
3. The Underlying bone structure and skin – This can be accomplished through specific types of impact training.

My method of Iron Skills development includes all three of these aspects. In the following piece I will describe in detail the Metaphysical Boxing approach to Iron Skills Development, I include all the basic drills and exercises for the development of basic level iron hand and iron body as well as a discussion on how to set up a routine to get the most out of your training.

## Exercises and Drills

### Qigong:

1. Open and Close the Gate Qigong – Begin standing up, spine neutral, and with your feet should width apart. Your arms should be held out in front of you at chest level. Your palms should face each other and be about a foot apart. Place your tongue to the roof of your mouth. You will be breathing in and out of your nose in the Buddhist manner\* for both of these Qigong.

First, place your attention on the back of each hand. You should be able to feel the back

of your hands with your mind. Inhale and begin to open your arms as though you are about to give someone a huge hug. You will open your arms fully until you are in a cruciform position. At this point you will begin to exhale, reverse the movement, and switch your attention to your palm as you begin to close your arms. Once your hands are about 6"-1' apart you will inhale and, once again, place your attention onto the backs of your hands. This time, however, instead of opening your arms you will turn your palms so that they face away from you and you will be drawing your hands in towards your chest. Make sure to keep your elbows down as you do this. When your hands reach about 6" away from your chest you will reverse this movement. Remember to coordinate this final movement with your exhalation and to place your attention on your palms. When you have returned to the starting position you will have completed one repetition of this qigong. You will need to complete a total of nine (9) before moving on. Remember to always coordinate your physical movements with your breathing and stay relaxed. You will place your attention on the backs of your hands as you open your arms and as you draw your hands to your chest. You will place your attention on your palms as you close your arms and as you push out with your hands. Doing this will lead your qi (internal energy) to those areas which is a vital ability for later exercises.

2. Gathering Clouds Qigong – Begin standing up, spine neutral, and with your feet shoulder width apart. Your arms will hang loosely at your sides. Place your tongue to the roof of your mouth. Your breathing will be the same as in the first qigong. Start by inhaling and raising your arms up towards the sky in an arching motion with your palms facing up. Continue this movement until your arms are overhead and your palms are facing each other – they should be about 6" apart. As you begin to exhale turn your palms downward to face the ground and move your palms along a downward path towards your groin area. You will keep your hands close to each other and close to your body as you do this. Once your hands reach your groin area you have completed one repetition of this qigong. You will need to complete a total of nine (9) repetitions before moving on to other exercises.

### Muscle Strengthening:

Static Core Work: The following drills, of holding static postures for periods of time, will greatly strengthen your body – especially your core. While you hold these postures remember to breathe through your nose with your tongue held to the roof of your mouth and utilize the Buddhist Breathing method.

1. Floor Plank – Begin lying on the floor on your stomach. Your forearms will be under you and you will press up as though doing a push up except all of your weight is on your forearms not your hands. You will maintain this static position for as long as possible, but your goal should be one minute. You can work up to more than one minute but anything more and a minute and a half won't be necessary. I'll explain further in the building a routine section.

A) Ball Plank: You can make this exercise more difficult by using one of those huge abdominal balls. Simply place your feet on the ball or place your forearms on the ball. To

make it really difficult you can attempt to suspend yourself between a chair and a ball (feet on chair, forearms on ball) or between two balls.

B) Side Plank: Another variation I like to throw into my routine is the side plank. In this variation you will begin by lying on your side with your feet on top of each other. You will use one forearm to support yourself. Don't let your hips sag down. This will really strengthen your oblique muscles. Thirty seconds to one minute on each side is a good goal time.

2. Iron Bridge – You will need two chairs for this exercise. You will suspend yourself between the two chairs. Place your feet on one chair and place your upper back and head on the other. Use only the muscles necessary to keep yourself straight – no sagging! As you get stronger move the chairs further and further apart until you are suspended between the two with only your feet and head. You can further increase the difficulty by resting small weight plates on your lower abdomen. Start slow and don't increase the weight too soon! Your goal is one minute.

3. San Shou Bridge – This form of the Bridge is similar to a Wrestler's Bridge. You begin by lying on your back with your knees bent, feet flat on the floor, and your hands near your ears. You may need a towel or small pillow for your head. From this position lift yourself up so that your weight is supported between your feet and your head/hands. Your body will form an arch. While holding this position you can do some rocking and attempt to touch your nose to the floor. As your strength and flexibility increase you will be able to do it. Again strive to reach the one minute mark.

4. Front Bridge – Matt Furey, the author of Combat Conditioning, recommends that those who work the Bridge on a consistent basis should spend some time in the Front Bridge as well. I couldn't agree more - it's all about balance. Start by lying on your stomach with your feet spread apart and your hands near your head. Lift your body off the floor so that you are supported by only your feet and head/hands. Make sure you touch your chin to your chest. Hold this position for one minute.

You can perform this series of exercises in circuit fashion. You should strive to hold the positions for 1 minute to one and half minutes. You can rest anywhere from 30 seconds to one minute between positions. When you become more advanced you can move through each position with no rest between them. You only need to complete one circuit of these exercises.

#### Dynamic Strengthening:

1. Abdominal Wheel – You will need to pick up an ab wheel from your local fitness retailer. To use it start by kneeling on the floor (you may need a pillow for your knees) and holding the ab wheel by the handles. The wheel should be on the floor and near your legs. Keep your core tight and push forward on the wheel to roll out. Your goal is to reach out as far as you can so that your body is just hovering over the floor. Then reverse the movement and return to the starting position. Inhale as you roll out; exhale

as you return to the starting position. Work up to being able to complete multiple sets of 10-20 repetitions.

2. Twisting – Stand holding a weight (I prefer a medicine ball, but a dumbbell or some other weight will work as well) straight out in front of you and keep your feet shoulder width apart. Begin twisting your upper body to the left and right at a fairly quick pace. You can also vary the angle of your twists for a more complete development.

3. Side Bends – Stand with your feet shoulder width apart and your arms above your head and simply bend side to side. You can make this exercise more difficult by holding a weight in your hands. At first a weight as little as 2lbs will be sufficient. Start small and work your way up slowly.

4. Fingertip and Knuckle pushups –You will need to do pushups on both your knuckles and your finger tips to strengthen the muscles, tendons, and ligaments in your forearms and hands. When doing knuckle pushups you will place your weight on the last three knuckles. When doing fingertip pushups you need to make sure you keep your fingers bent in a claw shape. Attempting to keep them too straight will result in poor conditioning. Also do not allow your fingers to bend backwards as this will result in unsatisfactory conditioning. It may be very difficult to complete a proper fingertip pushups at first. You can progress from static holds in the kneeling pushup position, to kneeling fingertip pushups, and finally progress to full fingertip pushups.

5. Pushing and Pulling Iron Block – Begin by standing with your feet wider than shoulder width apart and knees bent. You will start with your hands near your armpits and palms facing outward. Inhale and tense all of the muscles in your body. As you exhale press your hands forward as though you are pushing a huge iron weight. Once you fully press out your arms (but, not to lockout), grab with your hands and pull backward as you inhale. When your hands reach the starting position you can relax and take a single full breath before moving on to the next repetition.

6. Fist Clenching – This is a simple exercise to complete. Start with your hands fully open. Now begin to fully close and open your hands. You will want to do this as quickly as possible. You should be able to at least complete 100 reps as quickly as possible.

7. Forearm Roller – You can either make a roller or buy one where they sell fitness supplies. To make one simply drill a hole in a thick wooden dowel (I'd use a dowel that is about 2.5' long) and tie a rope in the hole. Tie the rope to some weight. This setup is simple to use. Simply grip the roller and begin twisting it. This will cause the rope to wrap around the dowel. Continue doing this until the weights reach the dowel. When the weights get heavy and you need more of a challenge. Stand on two chairs that are wider than shoulder distance apart and get into a half squatting position (Horse Stance).

Place the roller on your thighs so the rope hangs between your legs and the chairs. Now begin rolling up the rope and weights.



8. Gripper Work – I also suggest you make regular use of hand grippers. The best can be found at <http://www.ironmind.com> . I'd start with the Trainer and the #1 Gripper. If you can close a #3 gripper you have a world class grip.

I like to set up my Dynamic Strengthening workouts in the following manner:

1. Warm-up

2. Pushing and Pulling the Iron Block – 10 reps x 3 sets (30 seconds of rest between sets)

3. Alternate Fingertip and Knuckle pushups – Complete a set of knuckle pushups (rest 30 seconds) then complete a set of fingertip pushups. Repeat for 3-5 sets.

4. Dynamic Core Circuit:

Abdominal Wheel – 10-20 reps

Twisting – 10-20 reps

Side Bends – 10-20 reps

No rest between exercises, 30 seconds rest between circuits. Complete 3-5 circuits

5. Grippers – 3 sets of 5-10 reps with a heavy gripper

6. Forearm roller – 5-10 sets of rolling the weight all the way up.

7. 150 Fast Fist Clenches.

Impact Conditioning:

Body:

1. Self Slapping - To begin your iron body training you will start with regular palm slapping. This is a very simple. Start with a slap that is mildly uncomfortable. Over time you can work up to a harder and harder slap. Begin by slapping the entire surface of your torso (that you can reach). 5-10 rounds around your body should be enough. I also suggest slapping your forearms, thighs, and shins to condition them as well. You can also enlist the aid of a training partner. When using a partner stand in your typical fighting stance and have your partner slap predetermined areas of your body (front of the torso, thighs, back, ect...). When being struck make sure to focus your mind on the spot being struck. You should also tense the area as it is being struck. You should be proficient in this method before moving on.

2. Self Punching - The self punching method is identical to the slapping method except the fist are employed for striking as opposed to the palms. Remember to start with light strikes and over time begin hitting harder and harder. I recommend the use of a partner for this method as it is much more effective. You will have to know when to stop, so don't over do it.

3. Medicine ball hits - You will need a partner for this method. You will also need to wear an athletic cup. Simply stand in a high Horse stance (knees bent but not extremely so) with your guard up high to protect your face. Have your partner throw the medicine ball at your torso from all angles. Start light and over time work your way up to harder and harder throws. Bring your mind to the area being struck and tense to help you protect that area. You can also try lying on your back and have your partner drop the medicine ball on you. Start low and work your way up. When you get really advanced your partner can add a bit of force to the drop.

Hands:

1. Phone Book Iron Hand – You will need to obtain an old, thick telephone book and some sort of stand to put the telephone book. The stand should be tall enough for the telephone book to be at your navel level. Make sure it is nice and sturdy. You will be striking the telephone book with the following hand surfaces:

- a. Palms
- b. back of the hands
- c. knuckles
- d. knife hand

Some feel it is best to simply drop the hand onto the striking surface while others feel it is best to add some power to the strike. I feel the most effective way to develop the iron hand is to actually strike the target (as opposed to simply dropping your hand on the striking surface). As long as you take it easy in the beginning and slowly work your way up to striking the telephone book harder and harder you should never encounter any health problems or real injuries. Now you have to keep in mind that you will never be striking the telephone book as hard as you can. Even the Japanese Karate-ka, who are famous for their amazingly conditioned hands, never hit their makiwara as hard as they can. You should never need to hit the striking surface with more than 60% of your power (unless, of course, you are working a heavy bag).

For each surface of the hand you will need to complete 25-50 strikes or 100-200 strikes total.

I like to start with conditioning my palms and the backs of my hands. I start with my right hand and strike with the heart of my palm, then immediately strike with the back of my right hand. I repeat this with the left hand and keep it up with a nice rhythm until I complete 25-50 reps. Then I shake out and stretch my hands before moving on to the next hand surface. Make sure to shake and stretch out your hands after each set of hand surface conditioning.

2. Heavy bag and focus mitt conditioning – When I work the heavy bag or focus mitts I wear a pair of MMA gloves. When I'm done with my session I like to take the gloves off and work my strikes. I train the jab, the cross, rear hand palm strike, rear hand knife-hand strike, lead backhand strike. I focus on single, hard strikes. I will usually do about 10-25 repetitions in this manner and my hand (especially my knuckles) are usually really red after this. I would recommend taking up this practice if you are serious about developing an iron hand.

## Recovery:

After your training session you should do a full body stretch routine. I would also recommend obtaining a foam roller and use it to give yourself a self-massage (do an Internet search for: myofascial release self-massage). Pay special attention to any sore spots you find.

After your workouts you should shower if possible. Get the water as hot as is tolerable and let it wash all over your body (though, I'd avoid the face and genitals). Pay special attention to those areas you have conditioned that day and do not forget to run hot water over your hands. Before you get out lower the water temperature and let cold water wash all over your body. Again pay special attention to all striking surfaces including your hands. You can also opt to apply a good Dit Da Jow liniment, especially on areas where there may be some bruising. If you are unable to find a good Jow, you can also use witch-hazel. A witch-hazel rub can be found at any drug store. I find witch-hazel easier to come by and use it most often.

## Setting up a Routine:

At first you should train your iron skills daily. Muscle conditioning exercises and Impact Conditioning will change from day to day. You should split your routine into "A" days and "B" days. On "A" days you will do your Qigong, Static Core Work, and Impact Conditioning (hand conditioning). On "B" days you will do you Qigong, Dynamic Strengthening exercise, and Impact Conditioning (body conditioning). Notice that Impact hand conditioning is done on "A" days when only static core work is done as opposed to "B" days where dynamic strengthening is done. All of the knuckle and fingertip pushups, and grip work on the dynamic strengthening day will weaken the musculature of the hand. You don't want to engage in impact hand conditioning when the musculature of your hands is weak. Damage to the tendons, ligaments, and bone structure would be much more likely. So, impact hand conditioning should be done with the static core strengthening exercises because those exercises stress the musculature of the hand to a lesser degree. Impact conditioning for the body is less strenuous on the tendons, ligaments, and bones so you don't have to worry about the dynamic strengthening exercises being detrimental to your impact training. So in the beginning your week would look like this:

Monday: Iron Skills "A" Day –  
Qigong  
Static Core Work  
Impact Conditioning for the Hands

Tuesday: Iron Skills "B" Day –  
Qigong

## Dynamic Strengthening Exercises Impact Conditioning for the Body

Wednesday: Same as Monday

Thursday: Same as Tuesday

Friday: Same as Monday

Saturday: Same as Tuesday

Sunday: Rest

As you progress into more advanced stages you can incorporate your Qigong and muscle strengthening exercises into a more traditional routine (I like to use the Static Core strengthening circuit as a finisher to some of my workouts). When you have developed your iron hand and iron body you will not have to condition them on a daily basis. If you do regular sparring and heavy bag work you should only have to do additional iron training once or twice a week.

### Closing Remarks:

Hopefully this piece on the Metaphysical Boxing Method of Basic Iron Skills Development will help many of you who have been seeking a practical and effective training method for the above mentioned skills. Remember to begin slowly and know your limitations. Do not let an inflated ego get the best of you. Know when to stop and you will save yourself a considerable amount of time recovering from injuries that are a direct result of over training. Take your practice seriously, devote yourself to it, and don't get caught up in all the flashy stuff. Occasionally, we Metaphysical Boxers do practice breaking skills (like breaking boards and patio blocks). However, this is only to teach focus and have a little fun. We use this method very sparingly as it does not provide any real benefit that could not be developed with other methods more effectively. So, keep that in mind when training. You are not developing this skill to impress others with how many patio blocks you can break or to see if a friend can break a wooden pole across your back. You should focus on how well you can break a nose or a few ribs if you need to. Because that is what this training is really about – developing your ability to take and deliver powerful strikes. With this development comes a confidence in your ability to use your martial skills training in a real combat situation. When seen in this light all the theatrics associated with the Iron Skills seem juvenile and pointless.

Train Hard.

\*Buddhist breathing is done by inhaling and exhaling through your nose. As you inhale you will extend your lower abdomen (dantien). When you inhale you will draw in your lower abdomen (dantien). Make sure to place the tip of your tongue to the roof of your

mouth just behind your teeth.

Logged

(Un)Caged Fighter - My Blog!

(Un)Caged Fourms!

March 24, 2009, 04:45:49 PMReply #1

Raitaro

Posts By Osmosis

Offline

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2151

Karma:

0

Personal Text

The Knight of Wands

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

A great and comprehensive article, however, I have one criticism to make. You did not clarify your stance or views on age limits and such for people to begin training, which, is very important for all iron body as starting too young can be detrimental to the body.

Perhaps you'd like to clarify for the sake of anyone reading the thread?

Congratulations though, excellent article.

Logged

The IneptInitiate

<http://xkcd.com/303/>

<http://xkcd.com/123/>

I got a hot girl and the coolest band I know. I gotta bad habbit of smoking before the show.

I got music I got friends I trust and love. I get into a lot of fights and now my knuckles are all fucked up.....

March 25, 2009, 06:45:23 AMReply #2

donjitsu2

Veritas Furniture

Offline

\*\*\*\*

Hundred-plus Club

434

Karma:

27

Personal Text

The Poet of Pugilism

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

Quote from: Raitaro on March 24, 2009, 04:45:49 PM

A great and comprehensive article, however, I have one criticism to make. You did not clarify your stance or views on age limits and such for people to begin training, which, is very important for all iron body as starting too young can be detrimental to the body. Perhaps you'd like to clarify for the sake of anyone reading the thread?

Congratulations though, excellent article.

I wouldn't reccomend anyone under the age of 10-12 years old taking up this training method. The program, as is, is suitable for any healthy individual over the age of 16. Those between the ages of 10-16 require the following modifications:

1. The supervision of a qualified professional for the muscle strengthening exercises - This means someone who, at LEAST, has a personal training certification from the National Academy of Sports Medicine, Amercian College of Sports Medicine, or is ISSA certified with a specialization in martial arts training AND special populations training AND has been training children for at least two years (though I would still prefer a NASM or ACSM cert.). NO Physical Education (PE) teachers, gym coaches, or older siblings.
2. The use of boxing gloves during the partner assisted impact conditioning - That means your partner strikes you while he/she is wearing the gloves - no exceptions.
3. 70 lbs Heavy Bag limit - When doing heavy bag training ease into it and don't use a bag that weighs more than 70 lbs (32kg). I would prefer trainees in the 10-16 age bracket stick with focus mitt (or Thai Pad) training only, but I did heavy bag conditioning when I was 10 and saw no side effects, so I can't be a hypocrite.
4. Let your parents/legal guardians and your family doctor know of your intentions to take up this training method - No exceptions.

Logged

(Un)Caged Fighter - My Blog!

(Un)Caged Fourms!

March 25, 2009, 07:36:01 AMReply #3

Watchtower

Posts By Osmosis

Offline

\*\*\*\*\*

Hundred-plus Club

935

Karma:

30

Personal Text

Contemplative Panentheist  
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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach  
Excellent article Donjitsu, thanks for posting it. I know it is directed at Body and Hand Conditioning, but are there any Qigong practices for shin and knee conditioning? I would love to supplement my current leg conditioning with some Qigong if possible.

Logged

"For no matter how holy works may be, they do not make us holy because we do them, but in so far as we within ourselves are as we should be, we make holy all that we do, whether it be eating, or sleeping, or working, or what it may."

-Eckhart von Hochheim  
March 25, 2009, 08:29:17 AMReply #4  
donjitsu2  
Veritas Furniture

Offline

\*\*\*\*

Hundred-plus Club  
434

Karma:

27

Personal Text

The Poet of Pugilism

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach  
Quote from: Watchtower on March 25, 2009, 07:36:01 AM  
Excellent article Donjitsu, thanks for posting it. I know it is directed at Body and Hand Conditioning, but are there any Qigong practices for shin and knee conditioning? I would love to supplement my current leg conditioning with some Qigong if possible.

If you have mastered the Microcosmic circulation you can begin to use the Macrocosmic circulation:

Macrocosmic Circulation (description from my Advanced training book – yet to be released):

"Begin by standing with your feet shoulder width apart and spine in the neutral position. Imagine as though a string is attached to the top of your head and is pulling upward. This will cause your neck to stretch upward and your chin to draw in slightly. Place your tongue to the roof of your mouth just behind your teeth. You can breathe in and out of your nose in either the Buddhist or Taoist manner. Hold your arms out in front of you with your elbows pointing down and palms facing out with your fingers pointing up. It should look as though you are gesturing "stop" with both hands. Keep yourself as relaxed as possible without breaking the posture. Pay special attention to keeping your

shoulders relaxed.

Now, inhale and imagine that you are simultaneously drawing in Qi through your nose and you Yongquan\* points on the bottoms of your feet. The Qi that is being drawn in through the nose travels down the Conception Vessel to the Huiyin\* point. The Qi that is being drawn up from the Yongquan points will travel up the legs to the Huiyin Point. As you exhale lead the Qi up the spine through the Governing vessel. At the point directly between the shoulder blades (Dorsal Gate) the Qi will break into 3 different paths. Two of the paths will travel down your arms and out your palms. The third path will continue along the Governing Channel to be "exhaled" out of your nose. That is one cycle of the Macrocosmic Orbit. Complete 9, 18, or 36 cycles. "

Leading Qi to the Shins:

Standing with your hands on your hips, slowly kick out with either leg as though you are stomping someone's knee. Exhale and lead Qi to the leg and out the foot while making the "che" sound (it should be in a low rasping voice). 9 repetitions with each leg.

Logged  
(Un)Caged Fighter - My Blog!  
(Un)Caged Fourms!  
March 25, 2009, 01:21:33 PMReply #5  
Raitaro  
Posts By Osmosis

Offline  
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2151  
Karma:  
0  
Personal Text  
The Knight of Wands  
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For shin conditioning I reccomend this tutorial:  
<http://www.youtube.com/watch?v=TDbnMKhluA0>  
Logged  
The IneptInitiate



<http://xkcd.com/303/>  
<http://xkcd.com/123/>

I got a hot girl and the coolest band I know. I gotta bad habbit of smoking before the show.  
I got music I got friends I trust and love. I get into a lot of fights and now my knuckles are all fucked up.....  
March 25, 2009, 01:42:38 PMReply #6  
Watchtower  
Posts By Osmosis

Offline  
\*\*\*\*\*

Hundred-plus Club  
935  
Karma:  
30  
Personal Text  
Contemplative Panentheist  
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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach  
Tricking ftw. Dogen has great videos, and yes that's a good one. :elephant:  
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"For no matter how holy works may be, they do not make us holy because we do them, but in so far as we within ourselves are as we should be, we make holy all that we do, whether it be eating, or sleeping, or working, or what it may."

-Eckhart von Hochheim  
March 25, 2009, 08:10:13 PMReply #7  
Schlagzeug  
A Veritas Regular

Offline  
\*\*

51  
Karma:  
1  
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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach  
A few questions: I've been following the routine at [hundredpushups.com](http://hundredpushups.com). Is the muscle work in this program sufficient to replace that. Does it need to be supplemented with anything? Can it safely be supplemented with anything?

Thanks.

Logged  
March 26, 2009, 06:09:41 AMReply #8  
donjitsu2  
Veritas Furniture

Offline

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Hundred-plus Club  
434  
Karma:  
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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach  
Quote from: Schlagzeug on March 25, 2009, 08:10:13 PM  
A few questions: I've been following the routine at hundredpushups.com. Is the muscle work in this program sufficient to replace that. Does it need to be supplemented with anything? Can it safely be supplemented with anything?

Thanks.

You could combine the two routines - just be creative. The strengthening exercises given in the article do not form a complete program. In addition to the above listed exercises I would AT LEAST throw in Hill Sprint intervals and pull-ups. I meant for people to add in the exercises, listed in the article, to what they are already doing.

Fighters should be doing most (if not all) of their push-ups on their knuckles. Doing so will give your hands and wrists amazing stability and strength. Don't worry about the wimps who would advise against such practice. Performed correctly, with volume and intensity increasing slowly and progressively over time, knuckle push-ups are perfectly safe.

So, you can continue your current routine, but I would suggest you make the aforementioned modifications.

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(Un)Caged Fourms!  
March 26, 2009, 06:59:37 PMReply #9  
Orthas  
Posts By Osmosis

Offline

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Veritas Archivist

574

Karma:

1

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

Just doing push ups sounds very silly, I'm pretty sure you'll deform your shape that way since you won't exercise all your muscle groups equally.

And for knuckle push-ups I've always been told that you shouldn't do them when your younger or you will cause damage.

Logged

“And you shall drink your cup alone, though it taste of blood and tears, and praise God for the gift of taste.” -Almustafa, Garden of the Prophet.

Quid quid latine dictum sit, altum videtur

March 27, 2009, 07:52:47 AMReply #10

donjitsu2

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434

Karma:

27

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The Poet of Pugilism

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

Quote from: Orthas on March 26, 2009, 06:59:37 PM

And for knuckle push-ups I've always been told that you shouldn't do them when your younger or you will cause damage.

If done improperly they can be harmful. However, anything can be harmful if done improperly. Some people don't know proper technique nor do they understand the principles behind effective changes in volume or intensity (like elevating the feet or weighted vest training). Instead of simply saying they don't know, they hide their ignorance and suggest that young people shouldn't do them.

Again, a 12-16 year old kid shouldn't be doing certain exercises on their own. But that doesn't mean they shouldn't be doing them at all.

Logged

(Un)Caged Fighter - My Blog!

(Un)Caged Forums!

May 01, 2009, 05:41:51 PMReply #11

Vilhjalmr

Posts By Osmosis

Offline

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609

Karma:

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

Interesting stuff. But: have you gotten into a "serious" fight since you've been training this way? Do we know if it has practical use?

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Etwas auf Deutsch

May 02, 2009, 07:11:38 PMReply #12

Tricky

Veritas Furniture

Offline

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427

Karma:

30

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

So will this give me enough to stand up to a real boxer?

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May 12, 2009, 07:08:46 PMReply #13

Vilhjalmr

Posts By Osmosis

Offline

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609

Karma:

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

I guess that's a no. :P

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Etwas auf Deutsch

May 13, 2009, 06:34:23 AMReply #14

Steve

Posts By Osmosis

Offline

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3685

Karma:

139

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

It depends on you, and depends on the boxer.

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

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Author Topic: Iron Hand and Iron Body – The Metaphysical Boxing Approach (Read 29607 times)

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July 02, 2009, 09:50:22 PMReply #15

Hero

Settling In

Offline

\*

19

Karma:

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

everything of course is about progression, and quality of conditioning, iron body acts to back up and strengthens you to handle some of the stress taken in physical confrontations..while technique and skill are about the execution of physical acts. so as far as protection goes it depends on body angle etc. and just common sense lol... both go hand in hand..

Logged

July 13, 2009, 07:02:18 PMReply #16

donjitsu2

Veritas Furniture

Offline

\*\*\*\*

Hundred-plus Club

434

Karma:

27

Personal Text

The Poet of Pugilism

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

Quote from: Vilhjalmr on May 01, 2009, 05:41:51 PM

Interesting stuff. But: have you gotten into a "serious" fight since you've been training this way? Do we know if it has practical use?

Iron Hand training is not an "end all, be all" training method. It is meant to compliment a holistic martial skills/strength and conditioning system. It will not turn you into a competent fighter in and of itself. Iron Hand/Iron Body is meant to strengthen your body so it can handle the high force impacts (giving and receiving strikes) associated with an actual fight (in or out of the ring). You will know it is practical after you have taken up the training I've outlined. Broken hands and broken ribs aren't fun and this method is highly effective at preventing such injuries. You will develop more powerful strikes but that is due more to increased hand and forearm strength. When the bone structure and musculature of the hands and forearms are weak and brittle you are unable to strike with the full amount of power your body is capable of producing.

I spar several times a week at a light to moderate level. A few times a month my training partners and I will go all out. Our sparring gear consists of MMA gloves, mouth guards, head gear, and athletic supporters. None of us have sustained injuries in several months. Also, I work in Loss Prevention security (I arrest shoplifters). Quite often I have to detain people who resist and resort to physical violence. While I am not allowed to strike these people unless I am in serious danger, I have been struck quite a few times. Never have I been hit and injured. I feel this is due to the training I have outlined in my article.

Quote

So will this give me enough to stand up to a real boxer?

No. You still need to train in a realistic martial art.

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(Un)Caged Fighter - My Blog!

(Un)Caged Fours!

July 13, 2009, 08:52:53 PMReply #17

Hero

Settling In

Offline

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19

Karma:

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

Thanks Donjitsu , You explain things so clearly.lol I was kinda trying to say something similiar in my post lol you did a better job. conveying it plus, I really enjoyed the personal references into your sparring etc.

I imagine that it takes alot of tact to be in Loss Prevention security,dealing with anything from teenage girls to giant guys twice your size,and maybe even little old ladys..  
I imagine thats a very interesting job. I imagine you also hear some pretty interesting excuses and vocabulary as well. Sigh In my life I've seen people steal some pretty stupid things ...from taking one flip flop instead of taking both..pretty weird

BTW this is a great article thanks for sharing:~)! thanks!

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July 14, 2009, 01:43:24 AMReply #18

Raitaro

Posts By Osmosis

Offline

\*\*\*\*\*

2151

Karma:

0

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The Knight of Wands

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach

I imagine there's a great degree of flattery in flattery flattery, flattery, flattery.

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The IneptInitiate

<http://xkcd.com/303/>

<http://xkcd.com/123/>

I got a hot girl and the coolest band I know. I gotta bad habbit of smoking before the show.

I got music I got friends I trust and love. I get into a lot of fights and now my knuckles are all fucked up.....



December 27, 2009, 03:16:10 PMReply #19  
mutuwala  
New Member

Offline

\*

2

Karma:

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach  
HI, I AM 47 AND AM THINKING ABOUT GOING TO A KUNG FU ACADEMY FOR 4 MONTHS NEXT SUMMER, IN CHINA.  
ANYBODY GOT ANY THOUGHTS ON THIS.  
THANX AN HAPPY NEW YEAR, MICK

Logged

October 26, 2010, 07:45:14 AMReply #20

donjitsu2

Veritas Furniture

Offline

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Hundred-plus Club

434

Karma:

27

Personal Text

The Poet of Pugilism

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Re: Iron Hand and Iron Body – The Metaphysical Boxing Approach  
Wanted to let everyone know I did a re-write of this article for my new site ((Un)Caged Fighter.

The new post is strickly about iron hand. expect future posts on iron body, iron shin, and iron forearm. You can check out the new article here:

New Iron Hand Post

Train Hard,  
Josh Skinner

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Author Topic: Ch'i Overview (Read 6318 times)

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Teacher Emeritus  
Posts By Osmosis

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### Ch'i Overview

Chi relates to all Taoist practices and arts and is one of the most fundamental concepts in all Taoism. The ancient Taoist mystics understood that the entire universe that we perceive was energy in a constant state of flux and transformation. The experience of energy in all forms was what the Taoist mind was geared towards, and naturally their language evolved to utilize the various forms of chi. Their every day language uses the word ch'i both as a prefix and suffix to address subjects with qualities of air, breath, vitality, combustion, or power- all forms of ch'i. A good example of this would be the word ch'i-che which equates to energy-vehicle = car or ch'i-you which is energy oil = gasoline or tien-ch'i which is sky, lightening-power = electricity.

So what is chi and how do we use it? Ch'i is the energy permeating the universe and and is in everything and everyone. Ch'i in man is established in many ways, through air, breath, blood and nerve. It is the essence of life. The English language doesn't contain a word which translates into the same way that ch'i translates in the Chinese language. Other cultures have words like prana, shakti, elan vital and kundalini to roughly mean the same thing.

In Taoist yoga, ch'i manifests in 2 forces that are opposite poles. Ching-chi is an unattached, unrefined potential energy as a function of the body's metabolism. Shen is psychic awareness or projected awareness of the mind which cannot be perceived directly because it is a function of the mind and is projected through the eyes. Ching acts as the yin and Shen as the yang. Ching cannot assume a form unless in the presence of shen and has no form but can constitute ching into chi in a symbiotic cycle. When the two forces interact, the energy of the mind and the energy of the body, they form the ideal western consolidation of the completed union, that of a microcosm to the macrocosmic universe.

The difference between eastern and western philosophy is that western thinking views the mind and the body as 2 different entities. Western man views himself with his mind as separate from everything else. Western man splits what was always believed in eastern terms to be one in the first place and results in unbalancing himself in an attempt to conquer matter, nature or anything determined not man. Eastern philosophy sees that all phenomena is energy and that energy is always preserved and therefore the events are interrelated.

The Chinese believe the human body is governed by 12 orbs of energy or circuits that manifest themselves as the 12 meridians that run through each major organ of the body. As for ch'i itself, Traditional Chinese Medicine (TMC) specifies more than 36 forms that function within the body. Just as many other languages have many words that describe the same aspect, the Chinese also have many forms of chi identified over the centuries with rigorous medical diagnosis and observation. In Manfred Porkert's "The Theoretical Foundations of Chinese Medicine" he lists some of the more important forms of chi as follows:

Ch'i Nativum: Ch'i that is the inborn constitution, the vital potential that is gradually used up in the course of life. It may be conserved by hygiene but can never be replenished.

Ch'i Cardinale: Energy Moving through the meridians and integrated into a physiological cycle.

Ch'i Frumentarium: Energy derived and assimilated from food.

Ch'i Magnum: The energy derived through breathing, or that cosmic energy that has been assimilated by breathing (similar to the Indian definition of prana).

Ch'i Genuinum: the physiological motion of the organism resulting from the concurrence of Ch'i Magnum and Ch'i Frumentarium.

Ch'i Mersum: The chi manifested in the pulses.

The ancient Chinese saw human life as an energy structure. The material aspect (ching) being held into place through thought or action of spirit (shen). This human energy structure is composed of certain inborn energy potentials which constitute the qualities and the force of its life (Ch'i Nativum) was established by the energy derived from the process of breathing and eating. What resulted was the well being of the structure of essentially the efficiency to function from the quality of energy running through the meridians, arteries and veins. The combination of all these vital energies constitute the total physiological motion of the structure. The holistic model of human functioning for the ancient Chinese assumes that proper thoughts, spiritual awareness, proper diet, fresh non-polluted air and exercise were essential for good health and long life.

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Author Topic: Introduction to Meridians (Read 15783 times)

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Introduction to Meridians

Introduction to Meridians

Each of us contains within our bodies several systems including the circulatory, endocrine, digestive, nervous, and muscular amongst another more subtle energy transportation system of meridians. What is amazing is that the meridians match the ancient descriptions thousands of years ago. Radioactive isotopes injected into the acupuncture points have proved the existence of a system of fine ductlike tubules that follow the ancient description and diagrams of the meridian pathways. Various cultures have emphasized some of the energy systems like the chakra system of India that predates acupuncture. The aura has often been depicted as a halo in traditional religious systems and the strange flows, well known in the East, as well as various shamanic descriptions of energy systems of the Scandinavian countries and Native American tribes.

The meridians are similar to the circulatory system in that they are pathways that carry energy into, through and out of the body. These meridians connect hundreds of tiny reservoirs of more subtle energy along the surface of the skin known as acupuncture points, that when stimulated by pressure or needles release or redistribute energy. The acupuncture points are on the skin's surface but the meridians they open up travel deep inside the body and through each organ and muscle group. The meridian's fluctuate and flow is constant like a river and can be detected by mechanical instruments as well as sensitive individuals.

Each of the 12 meridians is really a single energy pathway that runs throughout the body, resurfacing 12 times and appearing as 12 segments. Each segment is named after the major organ or system that it services. In addition, there are another 2 energy pathways called the central and governing meridians that are included in the meridian system. Because they share properties with the strange flows, they are also considered strange flows. The other 12 meridians form a chain with one meridian linked to the next. The central meridian and governing meridian open more directly to the environment from which the energies surrounding you can enter and exit.

Each physical system of your body including the immune system, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular and lymphatic systems is fed by at least one meridian in the same way that arteries carry blood. The meridians affect every single organ and bring vitality and balance and cellular change. If a meridian's energy is obstructed or unregulated, the system falls into jeopardy.

If you think of the meridians in terms of an energy transportation system, you have a good model of how the meridian energy interacts. If a highway becomes congested with

traffic, it becomes necessary to divert some of the traffic to another road. Sometimes bottle necks occur and the resources needed to support the body are blocked. It then becomes difficult to provide food and remove waste products. If a natural disaster occurs where the road is damaged, even critical support services that form the immune system cannot function properly. The body is under various forms of stress 24 hours a day because we cannot just decide to turn it off, we are subjected to continual "natural disasters" and the pathways need regular maintenance and repair as well as renovation.

A map of the meridian paths is provided at  
<http://theamt.com/modules.php?name=News&file=article&sid=211>

The Central Meridian starts at the pubic bone and goes straight up the front of the body to the bottom lip.

Governing Meridian starts at the tailbone and goes straight up the spine, over the head to the top lip.

Spleen Meridian starts at the outside corners of each big toe and goes straight up the inside of the legs, flares out at the hip up the side of the rib cage and down to the bottom of the rib cage.

The Heart Meridian starts in the arm pit and goes down the inside of the arm to the tip of the little finger.

Small Intestine Meridian starts on the back of the hand on the tip of the little finger, straight up the outside of the arm to the shoulder, dropping back to the scapula over to the cheekbone and back to the opening of the ear.

Bladder Meridian starts between the eyebrows, over the crown of the head and down the back of the neck of the head and neck and down the spine to below the waist, jogs in and up towards the waist the in and around the gluteus maximus. The meridian branches up to the shoulder, going straight down to the back of the knees, in at the knees down to the floor and off the little toe.

Kidney Meridian starts at the ball of each foot and up the inside, circling behind the inside of each ankle bone and straight up the front of the body to a point called the K-27 points beneath the clavicle at the top of the sternum.

The Circulation-Sex Meridian starts at the outside of each nipple, up and over the shoulder and down the inside of the arm and ends at the tip of the middle finger.

Triple Warmer Meridian starts on the back side of the hand at the tip of the ring finger straight up the arm to beneath the ear, following the fold of the ear around and behind to end at the temple.

Gall Bladder Meridian starts at the outside of the eyebrows, dropping to the opening of the ears, then goes straight up about 2 inches, circles forward and then dropping back behind the ears, going forward again over to the forehead, back over the crown and around the shoulders down to the sides of the rib cage going forward to the rib cage back to the waist, forward to the hips and straight down the sides of the legs and off the fourth toes.

Liver Meridian starts at the inside of the big toes going in a line straight up the inside of the legs, flaring out at the hips, up the sides of the rib cage and back underneath the ribs in line with the nipple.

Lung Meridian starts above the nipple up over the shoulder straight down the arm and off the thumb.

Large Intestine Meridian at the tip of the pointer finger straight up the arm to the shoulder, cross the neck to beneath the nose and out to the flare of the nostril.

Stomach Meridian starts underneath your eyes dropping down the jawbone then circling up the outside of the face to the forehead. Then it goes down through the eyes to the collarbone, out from there over the breasts and in at the waist, out at the hips and straight down the leg and off the second toe.

With each meridian also comes the rhythms such as time zones, seasonal changes, the daily rhythm of light and dark. The meridians also go through its own 24 hour cycle with the individual points having their high periods where the energy is at its height and is the strongest during a 2 hour period and its 2 hour low period that is at the 12 hour opposite when the meridian is at rest.

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Author Topic: Mantra Meditation (Read 42216 times)

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Veritas Teacher

Posts By Osmosis

Offline

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Wandering Nomad

926

Karma:

41

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## Mantra Meditation

### Mantra Meditation

#### Why use mantras?

Have you ever heard a bang somewhere out of your sight, and jumped from it? That is your body's chemistry changing and reacting due to an external sound. Sounds DO have an affect on your chemistry.

One goal of internal energy arts, such as yoga and qigong is to cause change to the practitioner's temple, known as the body. This is known as inner alchemy and can be achieved through many means, such as body control, breathing control, cultivating internal energies and through meditation.

However, mantras are not just used to affect your inner temple due to those effects. The main reason, above others is to attain control of your mind. Why have control of your mind? Because the mind can control the body, that is your temple, you should hold the keys to it. The mind is seen as what attaches you to various things, and is the cause of all suffering...but, it is also the saviour of suffering for you as well! Simply put, an uncontrolled mind leads to suffering, a controlled one leads to freedom from this.

#### How do mantras work?

Mantras help the process of internal alchemy considerably when put to the correct usage. They and you can be related to tuning forks. If you were to take one tuning fork and vibrate it at a certain rate, place it on a table and then place one that is not vibrating close to it, they will both eventually vibrate at the same rate. This is how mantras work, they slowly tune you into a frequency and you will take on the effects of that mantra.

There are a few ways that mantras can operate. One way is the above, the sound of the mantra directly affects your chemistry. Another way is that when pronouncing them, you press certain nerves on your upper palette with your tongue, this causes reactions. The other view, is that the mantras, usually Sanskrit mantras (the "holy language of the east") draw on certain power from a sphere of energy that has developed, often these are from a specific deity, such as a Buddha or Hindu gods.

Concerning meditation, mantras act as a focal tool, you can use anything as a focal tool, but the advantage of a mantra is that it is internal, you do not need to carry around anything and can use it at anytime. It also draws on the affects of it's vibrations to change the chemistry more directly.

#### Meditating Using a Mantra

First you have to choose an ideal mantra, it doesn't have to be Sanskrit. A list of some common mantras is at the bottom of the article.\*

The first step in any meditation is to get yourself into a position with the smallest amount of distractions possible and to create a comfortable space.

We work from out to in. Find an ideal place to meditate, you can meditate anywhere, obviously though, some places are more ideal than others. Your room is where most choose. Try and remove all distractions where possible, turn off the TV and radio, close your door, remove clutter lying around, dim the lights etc. An extra thing you might like to take advantage of is the use of incense, it can be helpful for some to burn a certain incense when they meditate, the mind then associates the incense with meditation and will immediately begin to calm itself down. For some though, it can be a distraction, we want to remove external senses and dive inwards into ourselves.

Once that is done, you have to find a suitable position. This is harder than it sounds, anyone who has tried sitting still for even a small length of time can testify to how difficult it is to do. That is one reason why asanas were developed, however, to get one to be comfortable by itself, without any strain can take a long time to do well. It is said that when you can sit in an asana for three hours, without any tensing of muscles or movement, you have “mastered” that asana. Unfortunately, most people can’t manage sitting for that long. For our method, we will just focus on basic cross legged sitting. The importance is that your back is straight, your torso should be slightly pushed back and your head straight and in line with your spine. If you feel you won’t be able to sit down comfortably like that for long, you can use a wall for back support. You can focus on training in asanas later, the important thing now is to go inwards.

Another concern for some is how they should place their hands. These positions are known as mudras and are locks that circulate the bodies energies in certain ways. We can simply place them on your lap or if you want to use a mudra, there are two I myself have found to be effective for meditation. The first is done by placing your index fingers together with the thumb tips of each hand. This is the well known gyan or OM mudra. The second mudra is done by relaxing your left hand, palm up near your dan-tien area, and then placing your right hand, palm up on top. Your thumb tips should touch. This is the mudra that Shakyamuni Buddha used and is said to speed up the enlightenment process.

Now that distractions are all dealt with, we can finally move onto actually meditating!

Sit down in your chosen position, and begin by telling yourself these phrases, each 3 times. “My body is not my self, I withdraw my attention from my body”, “my emotions are not me” and “My self is higher than these thoughts, I will control my thoughts.” Try to relax into the position as much as possible, a common method is seeing and feeling a golden ball of light flowing down your body, relaxing everything that it touches. Once you are relaxed, just observe your thoughts for a while, then gradually introduce the mantra you have chosen.

Chanting a mantra is known as japa, and there are three methods of doing this.

- Vaikhar Japa is chanting the mantra out loud, this is useful for beginners and helps block out external distractions.
- Upamshu Japa is whispering the mantra to yourself.
- Manksika Japa is chanting the mantra in your mind only. It is the hardest form and it is easier for your mind to wander, but it is also the best. Since it is done only inside, you can use this form of meditation anywhere, anytime, it also pulls your attention into yourself, deepening your meditation experiences.

Your attention will wander away from the mantra, when this happens, just draw it back to it gradually, you cannot force meditation. Continue this method of losing the mantra and drawing you attention back to it for at least 10 minutes. It is ok if you feel the need to move during this meditation, just move slowly, and keep focusing on the mantra. Some like to chant the mantra in time with the breath, and find it to help. Gradually work up to at least 30 mins of meditation at one sitting.

To end your meditation, stop focusing on the mantra, and just enjoy the silence that is now in your mind. Gradually let thoughts enter and then slowly get up and move about.

#### Pointers

-It is ideal that you should meditate twice daily, rather than once, and it is better to have two 10 minute sittings, than one 20 minute sitting. This allows the mindset created by meditation to carry the effects on into daily life better.

-The ideal times for meditation are early morning before sunrise (4-6am), late afternoon and evening before bed (10-12pm) You should sit facing east or north.

-You should chant the mantra at an average pace, only speeding it up when the mind becomes unfocused, then slowing back down. The mantra should be constantly repeated, with no breaks.

-Before sitting down to meditate, you should choose a time that you will meditate for, do not start with a large amount of time, perhaps just 10 minutes, perhaps more. But you should declare to yourself, that you will not get up, until that time is passed. An oath of sorts, and under no circumstances must you get up once you state that. To help this place a watch/clock in front of you, where you can see the time. If you truly feel the need to, open your eyes and look at how long it has been. By not getting up until the set time is up, you will strengthen your will power, and your mind will learn that there is no use it being disobedient, and will more easily settle down.

-An important point, is that you should choose one mantra and meditate on ONLY it for 40 days, or more. The reason for this is that the changes are not sudden, but more gradual. "The man who chases two hares doesn't catch one." Eventually, you may notice that the mantra will be chanting in the back of your mind, or you will suddenly feel like chanting it. This is a good sign, it means the mantra is being embeded in your

psyche and taking effect.

## Effects of meditation

During meditation, if doing it deeply enough, you will feel vibrations, tingling and buzzing experiences over your body, as well as a feeling of detachment, in particular your body may not even be noticeable, or feel very light. Afterwards, you can notice the calmness in your mind, and everything will seem to have a certain "glow" to it. It will give you a inner sense of peace, and strength, what would at one time make you jump no longer will. Due to this new state of mind, you will no longer get as caught up in your own affairs and be able to solve problems much easier, where as before your emotions will have clouded your judgement. The effects of the particular mantra may also be felt.

### \*List of common mantras

Om - Consisting of the three letters A, U, M it signifies the three periods of time and three states of being. The creator had a thought, which eventually manifested itself as Om, this is the closest sound to that which the creator chanted.

Om mani padme hum - This is the mantra of Chenrezig, buddha of compassion. The effects and meaning of this mantra are too much to write about here. By reciting it, all one's negative karmas are burnt away, they become compassionate and enjoyable to be around, they become "Chenrezig incarnate." It is said if one recites 10 malas(1 mala=108 repetitions) daily and then touch something it becomes blessed. So if one touches another person, it removes some of their past negative karmas as well. Thus it is a truly blissful mantra.

Om nama sivaya - This is the mantra of Lord Shiva. Shiva destroys the lower self and builds the higher self. Lord Shiva gives his blessings to the devotee very quickly. A common effect noticed is a gaining of wealth, not just physical, but spiritual.

Om namo Bhagavate Vasudevaya - This is the mantra of Lord Vishnu. It gives the devotee prosperity, wealth and peace.

Om shanti, shanti, shanti - Meaning "all peace, peace, peace" the effects of this mantra are deep peace.

Hari Om - Meaning to remove fear/uncover bliss

Hong Sau - Meaning "holy breath" (chant Hong on inhale, Sau on exhale)

Sat nam - The sound the breath makes.

So ham - I am that I am

I am

Light, love, love, light - Inhale, exhale, inhale, exhale

One is all, all is one - Inhale, exhale

Amen

These are just some of the mantras I have used to good effect. There are many more and it would be good if you were to go and find ones that appeal specifically to you.

\*~\*Let there be light, where there was none\*~\*

« Last Edit: November 29, 2005, 06:38:40 PM by Kiwi Kid »

Logged  
November 30, 2005, 09:48:04 AMReply #1  
Forg  
Posts By Osmosis

Offline  
\*\*\*\*\*  
The V' Smithy  
829  
Karma:  
20  
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Re: Mantra Meditation  
Absolutly wonderful article Kiwi. It's very useful, the way you explain the energy body and such at the begining and the techniques you describe work well even for just starting. Nice work :)

Logged  
Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha  
November 30, 2005, 11:00:02 AMReply #2  
Philosopher  
Veritas Furniture

Offline  
\*\*\*\*  
316  
Karma:  
0  
Personal Text  
Bah.  
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Re: Mantra Meditation  
Good stuff. :elephant:

You might want to add a guide to pronunciation in there, I know that letters in Sanskrit are sometimes pronounced differently to in English; I don't know if that applies to any of the mantras you posted thought.

Logged  
December 10, 2005, 01:34:37 AMReply #3  
kumbha  
New Member

Offline

\*

6

Karma:

0

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Re: Mantra Meditation

Yes I think it's better if a pronunciation guide is added. Since I'm Asian I know how the Sanskrit mantras are pronounced, and if someone tries to pronounce them the way they are spelled, it'll be incorrect, and less useful and become a pain to pronounce too.

Great Article, anyhow.

Maybe you could post some articles on other meditation techniques too perhaps?  
Yantra meditation, for example?

Logged

December 10, 2005, 08:41:38 AMReply #4

Forg

Posts By Osmosis

Offline

\*\*\*\*\*

The V' Smithy

829

Karma:

20

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Re: Mantra Meditation

If I recall correctly, there is a story dealing with pronunciation involving the mantra of Chenrezig that actually points out that it's the intent of the mantra that matter not the pronunciation. Now I know that's not the case with some of the mantra's but I do believe it is in this case. When I have the chance I'll try to find the link to the page for the story.

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

December 10, 2005, 11:19:16 AMReply #5

kumbha

New Member

Offline

\*

6

Karma:

0

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Re: Mantra Meditation

You are right, Forg. Prophecy's article "The Power of Words" discusses this issue - most of the time the pronunciation does not matter. However, I find it always better to know a bit about the pronunciation of a word when I'm dealing with a foreign language - sometimes the way a word is pronounced also seems to sing out the qualities embedded in the meaning.

Logged

December 10, 2005, 03:52:56 PMReply #6

VitalDragon

Veritas Furniture

Offline

\*\*\*\*

Veritas Furniture

311

Karma:

0

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Veritas Furniture

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Re: Mantra Meditation

Actually, I have found that with Sanskrit mantras, pronunciation matters a lot. This is evident in Bija mantras, and my favorite the mrityunjaya mantra. Even the word mantra literally translates as "formula", and in ancient times, correct pronunciation was stressed to a very high degree.

Logged

December 16, 2005, 01:08:00 AMReply #7

Rawiri

Veritas Teacher

Posts By Osmosis

Offline

\*\*\*\*\*

Wandering Nomad

926

Karma:

41

Personal Text

Veritas Teacher

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Re: Mantra Meditation

Sure, I'll get around to adding the pronunciation guides. Perhaps write on yantra



meditation, although, I don't use it a great deal. I believe the story Forg is referring to is this one:

A monk visited a hermit, who lived alone on an island doing a retreat. The hermit had given himself three years to complete chanting 10 million repetitions of the powerful six-syllable mantra of the Compassionate Buddha. The hermit had been told that attaining this level of practice would awaken his yogic powers. The mantra was Om mani padme hum.

The monk listened as the hermit did his mantra and, with the best intention in the world, leaned over to him and whispered, "I think you have got the pronunciation wrong. This mantra should be chanted this way..." and he proceeded to demonstrate. The hermit listened attentively and then watched as the monk walked back to his boat to leave the island. Ten minutes later, when the boat was halfway across the river, the monk heard his name being called and, looking around, he spied the hermit and heard him call, "listen to this, have I got it right now?" and the hermit proceeded to chant the same mantra, but with the monk's intonation. Astounded, the monk turned around and saw the hermit walking on the water next to the boat. In that instant, he realized that the hermit's faith and sincerity had given his mantra recitation far more power than he had realized. Getting the intonation correct seemed almost irrelevant.

That said, all depends on the mind. Any siddhis obtained are due to concentration of the mind and faith. However, certain sounds carry certain vibrations and in some cases, I've found pronunciation to hold some degree of power, although perhaps not absolutely necessary, it can be very beneficial. In particular this seems to be the case with my favourite mantras, and those that are usually identified as powerful, such as mantras of deities, rather than more general mantras such as "I am."

Logged

December 16, 2005, 10:19:36 AM Reply #8

Forg

Posts By Osmosis

Offline

\*\*\*\*\*

The V' Smithy

829

Karma:

20

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Re: Mantra Meditation

That'd be the one. Thanks Kiwi ^\_^

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

January 03, 2006, 05:05:02 AMReply #9  
Australian Warriors  
Veritas Furniture

Offline

\*\*\*\*

417

Karma:

0

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Re: Mantra Meditation

What about the buddist and hinduism mantras?  
are they just as effective?

Logged

January 03, 2006, 07:58:57 AMReply #10

Forg

Posts By Osmosis

Offline

\*\*\*\*\*

The V' Smithy

829

Karma:

20

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Re: Mantra Meditation

Some of those are buddist and hinduism mantras...

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

January 04, 2006, 12:14:28 AMReply #11

Rawiri

Veritas Teacher

Posts By Osmosis

Offline

\*\*\*\*\*

Wandering Nomad

926

Karma:

41

Personal Text

Veritas Teacher

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Re: Mantra Meditation

9 of those are in the sanskrit language and used by buddhists and hindu's. While only 4 are in english. Just as effective? I would say more effective, as I explained in the article the sanskrit mantras in particular draw on a sphere of power....usually of a god/buddha. i.e. om mani padme hum draws on the sphere of Chenzerig. Along with that, since most here do not normally speak sanskrit, it's effects are more "mystical" and set you in the mood more correctly than english mantras may do.

Logged

January 20, 2006, 01:42:32 PMReply #12

amidos

New Member

Offline

\*

2

Karma:

0

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Re: Mantra Meditation

Nice article.

May I add a little here?

Mantras are broadly are of three kinds.

1)Vedic hymns 2)Tantric Bija 3) Sabar mantras.

Vedic hymns are direct extracts from the vedas. Like the Brahma gayatri.

Tantric bijas are compressed root syllables, and very useful and powerful as well. But you must obtain them from a direct source. Like the first rishi to his disciple and you get it from someone directly in that master-disciple line.

Sabar: A few words uttered by a siddha becomes a potent mantra. Like say, a siddha says, "stop snake". You receive these words from him. When you confront a live snake, just repeat those words and you are safe.

Mantras have so and so number of letters in them. A specific rhythm assigned to it. An original seer who first formulated the sound, and a deity and his shakti. There is also hidden a keelak or lock that locks the potent power and protects it from being unleashed. There is usually a gayatri for every deity and related to that mantra.

Sometimes a yantra is used as an aid to harnessing the power in a mantra. The bija mantra represents the causal body of the Deity and the Yantra is the astral form. The statue or picture or whatever form we imagine and assign to the deva or deity is the physical form.

Logged

Spread the spirit of friendship.

March 03, 2006, 04:49:53 PMReply #13

AngryLeprachaun

Posts By Osmosis

Offline

\*\*\*\*\*

Freelance Leprechaun

555

Karma:

-1

Personal Text

VERITAS LEP

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Re: Mantra Meditation

Yes, I may have to agree with evryone on this one. Since I am starting to learn the different types of meditation, this helped me out a lot. Although, I do not think I will be using this kind in the future.

-AngryLep-

Logged

...:Believe:...:

May 01, 2006, 09:52:16 AMReply #14

LadyKalee

Posts By Osmosis

Offline

\*\*\*\*\*

Original Veritas Council

663

Karma:

4

Personal Text

Original Veritas Council

[View Profile http://groups.msn.com/TheKarenExpress](http://groups.msn.com/TheKarenExpress)

Re: Mantra Meditation

You always know the right thing to say. You wrote a wonderful article on a great subject :elephant: Thank you

Logged

Quote

There is nothing in the universe with the power to hold the human mind in painful captivity except for the cage it builds for itself out of its own mistaken thinking.

"Natives who beat drums to drive off evil spirits are objects of scorn to smart Americans who blow horns to break up traffic jams." -Mary Ellen Kelly

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Author Topic: Mantra Meditation (Read 42217 times)

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May 01, 2006, 10:04:04 AMReply #15

SethLaRoth DeShawl

Posts By Osmosis

Offline

\*\*\*\*\*

Regular Member

581

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10

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Re: Mantra Meditation

works wonders for my psionics studies.

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October 16, 2011, 06:30:29 PMReply #16

Mindlessinvalid

Posts By Osmosis

Offline

\*\*\*\*\*

1205

Karma:

10

Personal Text

Crazy and Can't Get out of Bed

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Re: Mantra Meditation

Qi gong is strictly speaking the manipulation of qi, which is the same as the vital force of the hermeticists.

Iron body is a training regimen that may but does not have to utilize qi, and the purpose is to make one's body more durable.

Golden Bell is the logical extension of iron Body that supposedly lets one use qi to absorb the force of an attack.

Breathing techniques are by themselves methods of calming the mind and body, but in conjunction with qi exercises or yoga produce a superior result from practice.

All of your posts seem to focus on the wrong aspects of the wrong things and come across as really dismissive.

Logged

Clothes make the man, and naked people have little or no say in society.

October 16, 2011, 06:39:15 PMReply #17  
n\_qi\_shambhala  
Settling In

Offline

\*

23

Karma:

3

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Re: Mantra Meditation

Sorry posted that on the wrong thread

Logged

August 28, 2012, 08:44:37 PMReply #18

Henry

Settling In

Offline

\*

27

Karma:

2

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Re: Mantra Meditation

A question about mudras. Can two mudras be used at the same time? I'm thinking probably yes, that's why so many Indian deities have multiple hands. But I could be interpreting them wrong.

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Emanations (Koujiryuu and Prophecy)

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Author Topic: Auric Emanations (Koujiryuu and Prophecy) (Read 16050 times)

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kobok

Tech Team

Posts By Osmosis

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171

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Auric Emanations (Koujiryuu and Prophecy)

Auric Emanations: Seeing Them, Interpreting Them, and Two Different Theories About Them

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Essay Outline

Koujiryuu's Introduction

The Aura

Seeing Auras

a. First Method- Focusing on a Point in space

b. Second Method - Energizing the Ajna Chakra

Interpreting colours in Auras and the Chakra Connection

Colour Meanings

On Auric pairs

The Hermetic Aura

Conclusion

Koujiryuu's Introduction

Within all of us there exists the life force essence, called many names over many years. This energy pervades and maintains not only living creatures but inanimate objects as well; this is reflected and confirmed by physics. The collective study of metaphysical and psychospiritual paths, regardless of what the practitioner studies specifically, deals with this underlying, all-encompassing energy.

The energy that courses through everything in existence has properties which further manifest outside of the physical form in question, regardless of what that object is. This is generally referred to as an aura, an energetic reflection of the amount of subtle energy within an object- auras, also, have been called many names over time and varying by tradition. An aura is quite simply an emanation reflective of the energy within the physical form. Henceforth I will refer to Life Force energy as simply "energy" or "psi".

While a couple practical exercises are included in this essay, I'm attempting to employ my extensive artistic background and experience as well to expand beyond just seeing auras into the realms of interpretation and how colour affects the subconscious.

My own standpoint on auras presented here is largely analagous to the generally accepted parapsychological standpoint on auras, and the accompanying ideas that most psions employ themselves. My colleague Prophecy's piece, later in the article, approaches the aura from the standpoint of Hermetic science- a different, yet no less valid approach to the interpretation of the human aura. With that, I'll be moving on.

The Aura

While I defined in most basic terms what an aura is above, a rudimentary knowledge of the properties of auras is necessary before moving on.

So what is an aura? Beyond being an emanation reflective of the subtle energy within a physical form, an aura is a reactive response of the life force to external stimuli. The main way energy in our Universe moves and reacts is through vibration, therefore, an aura can be further defined as being an electro-photonic vibrational reaction to a set of circumstances.

While this may slightly contradict what some people believe about energy, an human aura is also partly composed of electromagnetic radiation spanning all spectrums, from microwave to infrared and ultraviolet light. This will be elaborated on later, but suffice to say there is an undeniable connection between psi and electromagnetic energy, while psi is still an entirely different and distinct force. Auras, by their very nature, also contain vast amounts of information about an object which can be ascertained through the colour(s) and shape of the aura, therefore the clairvoyant ability to perceive auras can be a very beneficial skill to cultivate.

While all things in existence possess energy, and therefore have auras, living things have much more energy and thus have a more intense auric emanation. The auras in sentient beings, especially, are generally more refined and potent than those of inanimate things. Furthermore, the auras given off by inanimate objects are static and unchanging, while the auras around plant and animal life are dynamic and vary greatly depending on the life-form and circumstance.

## Seeing Auras

There exist numerous methods of perceiving auras. Some work very efficiently while others are practically useless, however this may be subjective and you should try both techniques here to find the one that works the best for you.

I would recommend practicing these techniques in an area with plenty of natural light and on a small plant, tree, or shrub. Plants don't mind being stared at continually, while it's generally unnerving to most people. After gaining proficiency with viewing the auras of plants, naturally you can progress to applying your skills to actual people.

The following techniques presume that the reader is able to reach a basic transcendental meditative state easily and quickly.

### a. First Method- Focusing on a Point in space

Start out by meditating until you reach a state of calm mind, with intense neural discharges on the inside of the eyelids, a buzzing in the inner ear, and a feeling of

connectedness with the universe.

Look at the plant you are trying to see the aura of. Now, focus on a point in space about a foot (12 inches) behind the plant you are trying to view. Remaining calm and focused, simply gaze and meditate on this point until the objects aura becomes apparent to you of it's own accord. Do not attempt to shift your focus from the point to the actual aura as anything you were percieving will dissappear as soon as you shift your focus. Rather, attempt to view the whole aura by broadening your vision while retaining focus on the point you selected.

Many athletes develop a kind of "field sense", where they are able to see and be aware of everything happening at once while focused on what they are doing in the game. Some basketball coaches call this having good "court vision"; this is simply a broadening and extension of normal vision. This is exactly the kind of vision needed to percieve an aura using the above technique.

The actual aura is very far removed from how it is often depicted in popular culture, especially anime cartoons and videogames. While those mediums generally express it as being very bright and resplendant, like a candle flame around a person, it is most often seen as a more ghasly outline or afterimage that is usually moving or wavering. This of course depends on what you are viewing and how spiritually potent that object is. It may appear as a cloud around the plant reminiscent of a gas, or may appear as more of a diffusive glow similar to the visible heatwaves around a grill flame in the hot summer months. Auras have also generally been described as a "faint haze". A good deal of the perception lies in the individual, so in this regard auras can be a very subjective thing.

#### b. Second Method - Energizing the Ajna Chakra

The Ajna Chakra is more commonly known as the "Third Eye". It corresponds physiologically to the pituitary gland in the center of the brain, while the actual conceptualization of the "spinning energy wheel" corresponds roughly to the point directly between the eyebrows. The chakra is a wheel of energy spinning counterclockwise with prana (life force) at this location.

Being that this chakra controls not only auric sight but all psychic activity in the individual, including clairvoyance, stimulating it properly can enhance and promote auric vision considerably. That's the aim of this technique.

Using the same plant, close your eyes and place an index finger over the point between the eyebrows. This helps to focus the mind through the sensation of touch. Make a small circle counterclockwise on this physical area while mentally repeating "aum" in the mind. Aum is the ancient sanskrit mantra that corresponds to that chakra. Draw energy to this point and see it funneling into and activating the chakra wheel, which is spinning faster and faster- visualize it changing in colour from a dull bluish-grey to a bright,

glowing indigo hue as it spins faster counterclockwise and becomes more energetically charged. Make the mental affirmation: "I will perceive the whole aura of this plant". Count down: 3, 2, 1 while picturing an eye opening in that area, and physically open your eyes and look at your plant. You should immediately notice the aura of the plant very easily now.

To "turn off" the auric sight, simply visualize an eye closing and slow the spin of the chakra until you no longer perceive auras. Obviously, if this technique works as well for you as it has for me, you may have difficulty functioning normally with this kind of perception active.

While these are the only techniques I'm providing for the sake of brevity, they of course can be combined to produce a more potent effect. Most people have a larger degree of success with one or the other- it's up to the individual's experience to decide which method works best for them.

### Interpreting colours in Auras and the Chakra Connection

Auras by their very nature contain varying hues of colour. Colour contains information about the nature of the lifeform in question, therefore interpreting colour is an important aspect of viewing the aura.

The visible light portion of the electromagnetic spectrum contains over 16 million specific colours. The visible spectrum is composed of red, orange, yellow, green, blue, indigo, and violet light, in that order. The widest wavelength of light is red, and red contains the least energy; likewise the thinnest wavelength is violet, which contains the most energy.

The Hindu paradigm of chakras corresponds with the visible light spectrum as well. The chakras, already touched on prior, are spinning wheels of energy that correspond largely with the glands in the body. They are also closely tied to nerve plexi. They are located at the coccyx (tailbone), gonad, adrenal, thymus, thyroid, pineal and pituitary glands, roughly. Therefore, the chakras correspond with the visible light spectrum respectively as being red, orange, yellow, green, blue, indigo and violet. In English, they are usually referred to as the root, spleen, plexus, heart, throat, brow, and crown centers; the Sanskrit names of each of them are muladhara, svadhisthana, manipura, anahata, visshuddha, ajna, and sahasrara.

As each chakra is meditated upon and activated, starting from the root and rising to the crown, progressively deeper and deeper states of consciousness are possible, and the individual is capable of generating progressively stronger amounts of energy. As you can see, this makes perfect sense, and aligns with the inherent wavelengths and properties of the visible light spectrum as well, as the lowest chakra correlates with the widest bandwidth and lowest frequency of light while the highest chakra correlates with the thinnest bandwidth and highest frequency of light.

The generally accepted meanings behind each colour seem to be universally known and recognized by many psychics, mystics, magicians, and spiritualists; regardless, they are still subjective, and what they mean may vary greatly depending upon the person reading the aura. Therefore, in interpreting an aura yourself, it would be wise to base your interpretations upon the meanings of colours laid out below while at the same time making room for your own intuitive feelings about what that colour means to you personally.

Colours in auras can be either "clean" or "dirty", that is, bright and resplendent or washed out and muddy. Further, there are some colours that cannot be either "clean" or "dirty" by their very nature, and are one or the other; for example, brown and black are universally "dirty" colours and must always be so, while gold and pink are universally "clean" colours and likewise will almost never appear sickly.

Upon viewing an aura, the entire aura will usually be of a largely singular colour, with brief "flashes" of colour around the head area signifying a thought associated with that colour's spectrum of meaning. In this way it is possible to literally "read minds" of those around you to an extent through taking notice of what colours are flashing around them as they talk to you.

## Colour Meanings

### Red

Clean: Sexual Virility, Sexual Health, Primal Energy, Potential/Untapped Energy, Spiritual Wealth

Dirty: Sexual Perversion, Materialism, Egoism, Possessiveness, Lower planes of existence

Flash: Sex or Materialistic thought

### Orange

Clean: Spiritual energy, Sexual Essence, Strength, Vitality, "Fire", Resolve, Control of others in a positive manner

Dirty (more brown or dull orange): Perversion, Sickness, Lack of Introspection, Egoistic thoughts, Stagnant energy, manipulation of others.

Flash: Strength, Resolution, Exercising Power (clean) Self-Doubt, Intimidated (dirty)

### Yellow

Clean: Joy, Detachment, Clarity, Freedom, Contentment

Does not appear dirty

### Green

Clean: Healing, Restful, Recouperation, Spiritual Peace

Dirty: Destructive tendencies, Negative energy

Flash: Peace, Human Love, "Good" thoughts

## Blue

Clean: Energy, Confidence, Calmness, Telepathy, Spirituality, Transmittance, Conduction (of energy)

Does not usually appear dirty

Flash: Energy/Telepathy. Further, electric blue is signifying of the highest refined energy possible.

## Violet/Purple

Clean: Spirituality, Love, Divine Providence, Truth, Spirituality

Does not appear dirty

Flash: Truly spiritual thoughts.

## Gold

Clean: True spiritual learning and practice, Divine Love, Divine Energy, Peace, Tranquility

Does not appear dirty

Does not appear as a flash, usually

If present, indicates a true spiritual teacher, and is a strong point of the aura

## Pink

Clean: Spiritual Love of the highest caliber; True Love.

Does not appear dirty

Flash: Usually appears as a flash. Watch a mother with an infant's aura sometime if you get the chance; pay attention to the head area of both.

## Brown or Mustard

Always appears dirty: Stagnant Energy, Negative intent, Sickness, Lack of Spirituality, Neglected Practice, Unhealth

## White

Appears fuzzy: Death, Intoxication, Eventual Death (within 5-18 hours after the aura goes white)

## Blood Red

Always appears dirty: Pain, Unhealth, Deep spiritual sickness, may also appear brownish

## Black

Appears fuzzy: Spiritual Evil

Flash: Evil thoughts, totally devoid of compassion or love and motivated entirely by self-gain

On Auric pairs and Auric amplification

Auric pairs are certain colours appearing in nature that by their very nature correspond to another, inverse paired colour. This is reflected in basic artistic colour theory that you can learn in any High School level art class, or earlier, even.

Now, for our purposes, auric pairs are interesting, because what you may perceive in an aura may not reflect that person's true aura. This is especially so if the person you are viewing is wearing clothes of a bright, singular colour. For example, if someone is wearing a bright turquoise dress, you may be prone to view a very reddish aura. Now, this brings into question: which aura am I viewing? The person's, or that of what they are currently wearing?

White is the presence of all light, while black is the absence of all light. For this reason, wearing all or mostly black will make your own aura resplendent and easily viewable by any adepts around you. Likewise, wearing all white is a sign of purity and a lack of fear for death, and this will manifest in a very strong, clear aura as well. It is your choice, but perhaps a combination of the two is most potent.

In this vein, it is possible to amplify your own aura through clothing. Simply decide on a kind of colour/energy you wish to channel, and wear the appropriate coloured shirt that is the inverse of what you are looking to transmit. For example, I personally have roughly ten shirts of varying blue hue; when I wish to transmit Gold, a spiritually loving and accepting colour, I usually wear navy or dark blue. To transmit a more yellowish hue, I would wear a more baby blue. It is that simple.

The best way to view someone's true spiritual aura is by viewing them against a white wall with their top off, or wearing a neutral shade of black, white, or grey. Remember, those are not colours proper, but rather shades.

This concludes my piece. With this, I'll hand the floor to my colleague, Prophecy.

## The Hermetic Aura

Since Koujiryuu has fairly treated of the aura from the common perspective, fully enforcing it with what knowledge he has in the field, it seems only fair that I come in to present the hermetic view of the aura so as to provide the reader with a larger spectrum of views. Is either paradigm wrong in its proclamations? No; there are simply different names for the same thing, and different sides seen of the same subject. Keep this in mind and you should not find an opposition to the rest of the article in this section, but instead a complimenting theory. I shall try to describe this somewhat complicated theory as best I can, hopefully in a manner which will provide the reader who has not studied hermetic science some grasp of the concept.

Before we do anything a brief explanation of what is known as the "Elemental Key" is no doubt in order. The Elemental Key is a means of defining various characteristics and motives of a particular circumstance and event, though more importantly a means by

which the attitude of a human being can be labeled in such a manner so as to understand the nature of that individual's soul and mentality at a given point in time. One may think of it as the "model" in light of scientific terminology, defined as a schematic description of a system, theory, or phenomenon that accounts for its known or inferred properties and may be used for further study of its characteristics. In context of that description the Elemental Key can be seen as a means by which we can infer the characteristics of an individual via reference to what we know about the connotative properties of the hermetic elements: fire, air, water and earth.

Let it be known to the reader that when I speak of elements in the magical context, I am often not referring by any means to the physical presence to which the words are attached. Therein, while the hermetic view of fire and the properties of physical fire may have a few similarities, the term "fire" itself still only serves as a description of a higher matrix composed of units of ascribed thoughts, inherent personas and the consequent ethereal energy by which means the matrix is held together completely in the mental sphere. The grossly manifested emotions and characteristics which shall be dealt with shortly are not but emanations of the higher energy which the word itself refers to.

Now that the appropriate preliminary theory has been discussed, we can move to the bulk of this section. In correspondence to each of the elements is a template of ascribed characteristics which hermetic magicians call "tempers," though can easily be recognized as simply moods and given states of mind. These tempers, along with their elemental counterparts which are the source of their creation, are as follows:

#### Fire - The Choleric Temper

Positive: Energetic, strength, creative, valor, loyalty, motion, perceptive, activity, enthusiasm, eagerness, resolution, productivity.

Negative: Sporadic, breakative, irritable, destructive, intemperance, anger, caught in illusions, gluttony, jealousy, passion, intemperance.

#### Air - The Sanguine Temper

Positive: Adaptability, clearness, kindness, intellectual, piercing, perceptive, inventive, diligence, joy, adroitness, lack of grief, cheerfulness, optimism, eagerness, independence, familiarity.

Negative: Gossiper, thief, dishonest, contemptible, fearful, lacking of stability, rude, airheaded, unemotional, continual feeling of being affronted, contempt, lack of endurance, slyness, garrulousness.

#### Water - The Melancholic Temper

Positive: Respectability, modesty, compassion, devotion, seriousness, docility, fervor, cordiality, comprehension, meditation, calmness, quick to give one's confidence, forgiveness, tenderness.

Negative: Indifference, depression, apathy, shyness, laziness, overemotional,



disintegrating, dissolving, secretive, lack of foundations, ungrounded, forgetful, lustful, clouded.

#### Earth - The Phlegmatic Temper

Positive: Respectability, reputation, endurance, consideration, resolution, firmness, seriousness, scrupulousness, thoroughness, concentration, sobriety, punctuality, reserve, objectivity, infallibility, responsibility, reliability, circumspection, resistance, self-assurance.

Negative: Greed, addictions, obsessions, laziness, tired, lack of control, forgetful, anger, slow, insipidity, unscrupulousness, misanthropy, dullness, unreliability, laconism.

These tempers, as they are called, are the means by which we can decipher a single thing: the internal elemental balance of a particular person. In this context we must accept as true the theory that each person's activities and characteristics can be divided into four groups, namely the hermetic elements, and that the activity of those elements within the person is reflected by the outwards manifestation of the associated temper. From the hermetic standpoint the aura, then, is simply a slight emanation of the elements within the individual in question. The degree of emanation of the aura is directly proportional to the characteristics of the person, and therein a relationship can easily be grasped by the observant mage. We can, for example, determine the degree to which one may be a very kind and intellectual person by examining their aura for that particular elemental emanation. If we find a heavy emanation of the water element then the mage will know precisely and without a doubt that the person he is viewing bares on his persona heavily the characteristics of the melancholic temper. Because of this the observant magician can know precisely how a person will react to a given situation, that is, he shall act in accordance to the elemental disposition to which he is most inclined.

The aforementioned auras are by no means spiritually healthy ones in the hermetic magician's paradigm, but instead horribly imbalanced ones. The ultimate is to obtain what is known as the Magical Equipose, or the complete balance of the elements within one's self, and therein control over which aspects of your character manifest in your daily life from time to time. Likewise, a magician can decipher if another individual is a psychic or a fellow magician by observing the aura and keeping in mind which emanations mean what. In the case of the magician, he may be able to tell the extent to which a fellow magician is developed by observing the cultivation of his magical equipose in both his aura and his consequent actions.

I shall now say my piece on the perception of colors in the aura, of which my colleague has also treated. The mind perceives several primary things through its five senses when they act in unison: space, light/color, sound and shape(which includes taste in physical psychology). Upon those key perceptions other properties are built. It should be already known to my reader concerning the mind that, while it can receive these key properties from its objective senses, the manner in which they are accepted and

understood by the mind is largely subjective to preexistent schemas as well as properties of the physical brain itself. Now this is particularly true in light of the developed sense of sight, which some mistakenly call the 6th sense(I believe it to simply be the logical cultivation of the five senses). Because the psychic sight works with frequencies and vibrations, which can be understood better by a detailed study of the aspects of the aura which Koujiryuu has made note of, the mind is likely to perceive them differently. Because of this, while a set template of color-correspondences may help you get started, such cosmology often proves flawed and detrimental to the student's advance in dealing with the meaning of an aura. It is far more advantageous for the student to take a deal of time in observing how his psychic sight, presuming it has been developed, depicts the color and shape of an individual's aura. The best way to do this is to have one experimental and one control factor; namely, one friend who's characteristics you know and one individual who you can get to know, but as of yet know little about. Observe your friend's aura with your psychic sight and note which colors are the most dominant in the spectrum. On your own time go back and jot down these colors in a notebook you keep, making a table of the person's general persona in comparison to the elemental tempers he displayed. By this means the student can arrive at a reference for the colors he sees around other people's aura. When you feel you understand this, having done the procedure with several friends, move on to people you do not know but upon an introduction can easily get to know. Observe their aura and in your mind formulate what you expect their actions to be, how they will greet you, etc.

In time the student of hermetic science should familiarize himself with which colors of the aura belong to which element. So, for example, red may represent quickly obtained passion and light green may represent a deal of physical stamina; in this case the student should classify light green and red as belonging to the choleric temper, and therein the fire element. With application of this the student can come to know at a glance which parts of a person's nature need to be worked on, where his flaws are, and where his strengths are in accordance to the Elemental Key.

## Conclusion

This concludes this short essay on the subject of auras. We both hope it has served to enlighten, clarify, and inspire further research and practice in a positive vein.

Regards,  
Prophecy and Koujiryuu

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December 18, 2010, 03:26:14 PMReply #1

SoftWind

New Member

Offline

\*

2

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Re: Auric Emanations (Koujiryuu and Prophecy)

cfgh... (My apologies, this should have been addressed to Kobok.. !)

I came upon this post during a search. I am new here & not of any particular discipline, (still studying, experiencing & trying to discern/manage everything I'm going through), so I hope that you or anyone else who may answer forgives any implied ignorance in the following question.

In the second method, it mentions drawing energy to the ajna chakra. My difficulty with this concept is where I am drawing the energy from, is it external or from within? I have seen both sources mentioned depending upon where I am reading/learning, and am not sure what the benefits/implications of each are yet.

Any light you can shed would be so helpful... Thank you so much :)

« Last Edit: December 19, 2010, 12:43:31 AM by SoftWind »

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December 19, 2010, 06:00:26 AMReply #2

Violet

Posts By Osmosis

Offline

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1003

Karma:

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Your friendly neighborhood Verigeek.

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Re: Auric Emanations (Koujiryuu and Prophecy)

Whether this energy is internal or external depends on the paradigm you are following. You said you do not practice a particular discipline as of yet, so you will have to choose which paradigm appeals most to you. I cannot speak for all paradigms, but those who practice the Dynamic Psi paradigm generally do not need a real 'source' of energy:

energy can just as easily be generated as it can be gathered from somewhere else, it is just that the concept of gathering energy seems much easier to grasp to most people (rather than seemingly creating something out of nothing).

However, this article was posted in the Chi and Ancient Arts section of the forums, so I will assume that it follows some of the more traditional Chinese paradigms around the ideas of qi, jing and what have you. As far as I know, qi is most often gathered from the universe into the body on the inhale, and then circulated around the body (or sent to the ajna chakra, as you mention) on the exhale. 'tis a bit different when it comes to Daoist Qigong, but I do not think this applies to this article. This might be what you are looking for.

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December 24, 2010, 12:56:38 AMReply #3  
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2  
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Re: Auric Emanations (Koujiryuu and Prophecy)  
Robin,

My apologies for not having replied until now.. thank you so much for the reply & the perspective, it does help! I have been reading about both almost simultaneously and that explains my confusion.

Have had an interest third eye meditation for a while due to some experiences I've been having and my search led me here. Trying to learn how to control it more (the experiences and the energy) as well as lessen any unintended effects.

Love that this place exists & am grateful to have received your reply ~

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The Nature of True Intent (Koujiryuu)  
The Nature of True Intent  
or  
Misconceptions of the Aspiring Mystic

A brief essay on correct focus, correct intention (yi), and subsequently, correct energywork.

By Koujiryuu © 2005 Not to be reposted without permission.

## Introduction

This essay attempts to address what seems to be a common problem: misunderstanding the nature of intention as it applies to esoteric energywork of any kind. While I'm writing once again from the standpoint of a Chinese qigongist and internal martial artist, I'm also speaking from the position of a kundalini yogi and hermetic scholar.

Within Daoist-Internal art derived qigong, there exists a concept known as yi. Now, yi can translate to many things: mental-intention being the most fitting one, the symbol has similarities to the kanji for the number 'one', as well. This refers to a moving synergy with the cosmic consciousness - brahma - dao and a unified, purified sense of intention with movement and etheric energy (qi). This sense of "empty mind", or wuwei, is acting from a state of void, blanked out mind where energy goes where it needs to and accomplishes intent based on the motivation of the individual. It is often said in the internal martial arts, "An adept raises his hand, and the qi is there". There is no visualization, no imagination, just movement and actualization.

Therefore, the purpose of this essay is dualfold- to refute the common assumption made by younger aspirants that imagination, anger, and visualization move energy; and to lay out traditional and commonly accepted alternative methods of accomplishing action with energy.

## Induced Delusion

The mix of the three traits above: imagination, anger, and visualization eventually leads to a phenomena known as qigong psychosis, which is classified now in most books

discussing psychological diseases. The child, usually influenced or inspired by Japanese Anime cartoons, develops a fetish for "power" and attempts to practice a bastardized version of Chinese internal martial arts. I've personally seen this lead to extreme, absurd claims such as the ability to fly, throw "fireballs", and even "transform" into golden haired warriors. Thankfully, this kind of thing is now on the outskirts and definitely isn't the norm around bigger sites online, and certainly isn't even mentioned or widely practiced in most serious, offline metaphysical communities.

"Most qigong is a combination of either specific is static posture or physical movement coordinated with specific respiration and specific concentration or visualization. Therefore, we can say that qigong affects the flow of qi in the body, and specific mental-emotional states are evoked by and correspond to specific directions of qi flow. Thus it is easy to see that erroneous qigong can cause abnormal flows of qi in the body which then causes an uncomfortable, even pathological mental-emotional state."

"In addition, if one disturbs the free flow of the qi mechanism, for instance, by absorbing more qi than the body can freely diffuse and circulate or by accumulating and concentrating the qi in a certain area of the body, this may easily lead to qi stagnation. If this qi stagnation endures, depression may transform fire, and fire flaming upward may harass the heart spirit. Depressive heat may also damage and consume yin fluids, thus giving rise to ascendant hyperactivity of yang, vacuity heat, and/or internal stirring of wind." -Bob Flaws, Dipl. Ac. & C.H., FNAAOM

Now, in the sense of martial arts, if you are hitting someone or something and want more power, all that is needed is to learn a martial art- proper technique- and practice striking a lot! Eventually, through intention to move energy (into the target) one learns how to produce a cultivated, refined, deadly strength through methods such as fa jing, or "explosive power".

In the Daoist mindset, intention is yi- which is born from shen, the intellect/spirit. Therefore, yi is a result of mental discipline, focus, intent to accomplish a specific act, and a psychospiritual movement of the life force currents all around us. One can then see how visualization is not necessary; the primal soul is doing the work, as opposed to the brain and optic nerves.

You can picture things in your minds eye', conceptualize endlessly, and do all kinds of ritual, but will the energy move in any large amount minus proper intention? Doubtfully. It is only when a strong intent is in place that energy can truly manifest powerfully.

### The Components of Proper Intention; True Yi

A famous Taijiquan adage reads: "Yi leads Qi, Qi leads Jing and Jing leads your opponent." This applies mainly to the fighting arts, particularly the internal arts, but it could also be applied to any form of energy work if it were simplified to become: "Yi leads Qi."

To make things more clear for those practicing other methods of energetic manipulation and cultivation, I'll present two more sayings relative to firstly magic(k) and secondly psionics:

"Volition leads magic(k)al current."

"Intention leads psi energy."

Alright, now that we've established the idea that the dominant force in manipulating energy within any paradigm is indeed intention/volition/"yi", we must further break down and define those words in order to be able to attribute further traits to psychospiritual intent.

intention ( P ) Pronunciation Key (n-tnshn)

n.

A course of action that one intends to follow.

1. An aim that guides action; an objective.
2. intentions Purpose with respect to marriage: honorable intentions.
3. Medicine. The process by which or the manner in which a wound heals.
4. Archaic. Import; meaning.

volition ( P ) Pronunciation Key (v-lshn)

n.

1. The act or an instance of making a conscious choice or decision.
2. A conscious choice or decision.
3. The power or faculty of choosing; the will.

(courtesy Dictionary.com)

Pinyin Transliteration: Yi

Wades-Giles/Yale Transliteration: I

Translation: "Intent", "Mind-Intent", "Intention", etc.

Intention as it relates to energywork comprises and is defined by many things. The absolute most simple expression of psychospiritual intention exists in the action of moving energy from point 'a' to point 'b'. This can be moving energy from a plant to a point in the air; it can be moving energy from the ground, into the feet, to the hands; and so on, and so forth. The act of expectation and purpose of accomplishing something manifest through the will of the adept is varied in form and expression; as the nature of the desired results changes, so must the intent of the practitioner.

Therefore, our first and most fundamental component of intention is motivation. What do you want to accomplish by moving energy? Why do you want or need to accomplish this? It is only by asking ourselves these questions that the next component can be understood and applied. Asking these questions before any energy work is beneficial, to



establish why you need to do energywork in the first place; another means of accomplishing your ends may be more fitting and effective.

The next component is willpower. The defining aspect of an individual's action is his or her own will behind the action. If the will behind an action were to change, the action must change as well. In this same manner, the will to move energy moves energy. Focusing on a specific point in the body or outside of it and intending to move energy to that point for a prolonged period of time will cause exactly that to happen. Specific willpower actualizes similarly as well, as in the intent to heal or cause harm with energy.

The component of intention I'll mention next is emotion. Although not always necessary, emotion can be a very powerful ally when applied in intention. Healing someone would be impeded by any angry or malicious feelings towards that person; it would be amplified greatly in its effectiveness by feelings of love for them. Likewise, will the feeling of universal love during the execution of a right cross to someone's nose be appropriate or helpful? Unlikely. Emotion amplifies and enhances the effects you can achieve with energy use greatly, assuming the emotion is genuine and applicable to the operation being commenced.

The final component of intention is less a component and more of a given: action. As you channel the energy and employ intention correctly, action is taking place in and of itself. Therefore, it only stands to reason that action must be a component of intention, for without action, we wouldn't be doing anything with energy to begin with!

All of these aspects of intention are of equal importance to each other, and when combined properly result in a developed psychospiritual control mechanism that is fundamentally necessary for energetic actualization of any type. Without intention, energy does not move or do anything. Visualization falls quite short when contrasted to a developed intent.

### Visualization vs. Intention

Visualization is defined as a mental focus on the replication of images. This commonly manifests in what is usually referred to as the "mind's eye"- you imagine a green sphere with your eyes closed and you will "see" a green sphere.

Now, using the above example, does that green sphere actually exist? Only within the spectrum of your own thought patterns. This in itself does have merit and purpose within energywork because what you visualize does exist on some basic level- if merely temporarily- and therefore it can be effectively used as a medium of energetic expression once the trainee reaches a certain level of adeptness within his field of practice, and has developed the ability of intention adequately.

However, because of the nature of visualization, that is- being personally exclusive and partially dependant on the inherent capability of the practitioner to visualize - it is

unsuitable for basic energywork. Why?

Visualization does not equal intention. When you have intention, you have a means and an active method for the manipulation of etheric force(s). When you have visualization, you have a mental image. That's it.

Visualization can be an aid to intention, as in sigil magic or meridian systems for conducting energy flow. However, both of those would be more accurately termed 'conceptualization'. It is a common misconception to believe that visualization is intention in and of itself.

Intention, as defined above, works on a primal 'soul' or etheric body level. It offers a means of moving and manipulating energy while being 100 percent positive that what you want to happen is indeed happening. There isn't any guesswork involved, being unsure of your desired results' manifestation, assuming what you intend to do is verifiable in some way. This isn't so for visualization, which once again is personally exclusive (only you see what you are visualizing, excluding the ability of clairvoyance for simplicities' sake).

Finally, while visualization is an effective means of strengthening intention, I feel I've made it quite clear what the difference between the two is and why intention is clearly superior to the fallacious implementation of imagination.

### Psychophysical Perception vs. Intention

Psychophysical perception, otherwise known simply as "feeling", is a doctrine of energywork put forth by those who believe that "feeling" everything "happening" is the way to properly manipulate energy. Of course, this couldn't be farther from accuracy.

While perceiving energy moving and conforming to your will is necessary for energetic practice, it isn't intent. In much of a psychosomatic method, some people fool themselves into believing that energetic action is occurring when it simply isn't.

Psychophysical perception includes within it all five senses, not just the sense of touch. Just as easily as a lot of authors would tell you to "feel", would they also tell you to "see". This is equally erroneous and ridiculous and doesn't conform to the established principles of any form of esoteric practice as developed by past practitioners of great renown.

Some examples of this:

"Feel the energy flow to your hands", "Feel the aura around you strengthening", "see the construct take form", "feel yourself healing the other person", "see those dots fading from their glow", etc.

The fundamental error committed by those who hold true to such statements exists in the base negation of the principles outlined above. That is, intention leads energy, in particular. Part and parcel of moving energy through intent is feeling the energy moving and/or feeling the results of what you intended to do; this feeling by itself does not equal actualization. Feeling is a method of perception, not a medium of intention, and focusing overtly on the feelings energy work inspires (usually mellow heat or tingling sensations) detracts greatly from the exertion of willpower. If the feelings are what is being focused on, naturally the end result is neglected!

The only exemption allowed for lies in the domains of empathy and telepathy. The reasoning for this is beyond obvious and unneeding of my further elaboration.

Feeling energy taking form and doing something is very far removed from willing energy to take form and accomplish something.

## Conclusion

This essay has been a long time coming. I hope it has served to clear up many common misconceptions efficiently and within reason and logic. If you disagree with the majority of the essay, thank you for reading; you are probably exactly the kind of person I had hoped to reach. Regardless of that, I sincerely hope my writing has inspired thought and contemplation at the very least, and change towards the principles presented at best.

Until next time.

~Koujiryuu

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Chi and Martial Arts Dictionary (Koujiryuu)

Chi and Martial Arts Dictionary

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I've noticed lately that a lot of terminology used on the site could stand to be defined, so here it is: The Veritas Academy's Chi&MA dictionary, along with pronunciation where applicable. Enjoy.

Ai: Translated as "harmony," this term is most commonly associated with aikido, where one combines their energy with that of their opponents.

Aiki: "Harmony meeting." When one combines an opponents' energy with their own for control.

Aikido: A martial art developed by Uyeshiba Morihei in the 1930's. Based on aikijutsu, aikido is considered a non-aggressive art, using the opponents' energy against them.

Aikijutsu: "Technique of harmonious spirit." A branch of ancient jujutsu from which aikido was developed.

Aite: "Opponent" or "partner." An adversary in a contest.

Antei: "Balance," "stability," or "equilibrium."

Ba Duan Jin (pa\*doo\*on\*jeen)- Literally "8 pieces of brocade", A series of 8 zhan zhuang postures reknown for the ability to sink the qi into the dantian  
Bagua or Pa Kua (pa\*koo\*ah)- 8 Trigrams

Baguazhang or Pa Kua Chang (pa\*koo\*ah\*jang) - "8 Trigrams Palm", a martial art

Bo: A wooden staff approximately six feet long. It is one of the five weapons systematized by the early Okinawan developers of te (hand), and originated with the poles used by farm people to balance heavy loads across the shoulders.

Budo: "Military way" or "way of fighting." A generic term encompassing all of the Japanese martial arts, which are largely 20th century offspring stemming from concepts that can first be positively identified about the mid-18th century.

Chakra- "Organ" of qi, place where qi can be refined within one's body or an area of great concentration of qi. Sanskrit, used primarily in psionics and yoga.

Chiang: "Spear." One of the major Chinese weapons practiced in wushu.

Chi sao: "Sticking hands." An exercise used in Wing Chun kung fu that develops sensitivity to the hands and arms.

Choong sim: Center of gravity.

Do: "Way" or "path." When this term is used as a suffix to a particular style of the Japanese martial arts, it is indicative of more than just a means of combat. Do indicates a discipline and philosophy with moral and spiritual connotations, with the ultimate aim being enlightenment.

Dojo- A Japanese-style training centre, where martial arts are taught

Dojang- Korean equivalent of a dojo

Hara Kiri: Ritual Japanese suicide with a knife, practiced by the samurai warrior. This phrase is the informal word for seppuku.

Iai- sword drawing. The first character, I, suggests coexistence of body and spirit whereas the ai is similar to the character in aiki.

Iaido- The way of drawing the sword, often coupled with kenjutsu.

Jo: "Staff." A four foot long wooden staff.

Jujutsu: "Art of gentleness." Literally, the technique or the art of suppleness, gentleness. All of these terms, however, represent a single principle, a general method of applying a technique using the human body as a weapon in unarmed combat. Also known as jiu jitsu.

Jutsu: "Art." A term linking a fighting method with the bugei, or martial disciplines of war, rather than with the sporting or aesthetic practices of modern Japan.

Karate: "Empty hand" or "China hand." An unarmed method of combat in which all parts of the anatomy are used to punch, strike, kick or block.

Kundalini - Energy located in the muladhara, passes through all 7 chakras and reaches crown, known as ascension of kundalini. Rises through Sushumna: nadi, located in the centre of the body. It is also the nadi on which the chakras lie.

Judo - The Way of Gentleness, a way of combat emphasizing throws and joint locks instead of strikes.

Ken - sword, the first character in the title kenjutsu and/or kendo. Please note, however, there are at least 30 words for sword in the Japanese language, which include katana,

tachi, wakizashi, daisho, bokuto, tosu, tanto, aikuchi, and many others.

Kendo - The way of the sword.

Kenjutsu - The technique/system of the sword, swordsmanship.

Kiai - "Spirit meeting." A loud shout or yell of self-assertion most common to the Japanese and Okinawan martial disciplines.

Kwoon - A Chinese-style training centre, where kungfu is taught

Kung fu: A generic term for a majority of the Chinese martial arts. Kung fu has two major divisions. The southern styles display a clear preference for techniques of strength and power, whereas the northern styles employ soft, open movement.

Liu He Ba Fa Quan (lee\*oo\*hey\*bah\*fah\*choo\*won): Also known as "Water Boxing" or "Six Harmonies and Eight Methods Boxing", is referred to as the fourth internal system of Chinese Kung Fu.

JKD - Jeet Kune Do, the art developed by the late Sifu Bruce Lee, emphasizing fluidity and an "anything goes" mindset

Jin, Chin, or Jing (jeen)- Literally "essence". The sexual energy in the body, centered in the spleen or sexual organs, which can be refined through zhan zhuang and applied in internal martial arts like Taijiquan, where it is literally called "force" or "power". Chinese ideograms can have more than one meaning, unlike English words. One of the Three Treasures

Kwoon - A Chinese-style training centre, where kungfu is taught

MMA - "Mixed Martial Arts", the style of fighting usually used in NHB matches

Meridians - Passageways in the body that qi flows through, often similar to nerves.

Mu: "Nothing." The Zen nothingness or emptiness. This principle is often used in the Japanese martial arts to make one clear in the mind of all thought so the body will respond instantly to any situation.

Nadi: Sanskrit synonym for "meridian"

NHB - "No Holds Barred", fighting matches with the only rules being no biting or neck locks

O sensei: "Great teacher." The honorific prefix "o" attached the word sensei indicates respect and acknowledgement of the chief instructor of a system. Most commonly associated with Uyeshiba Morihei, founder of modern day Aikido.

Reiki - Japanese discipline of energetic healing, and argued by some, a method of indirect kundalini ascension.

Ryu: "Way," "school," or "method." A term used as a suffix after almost all styles of Japanese and Okinawan martial arts. Ryu basically means a formalized martial tradition under an established teacher and school.

Qi, Chi, or Ki (chee/kee)- The life force energy that exists in anything and everything, and makes the cosmos tick

Qigong or Chi Kung (chee\*kung) - Literally "breath work", a Chinese form of energy manipulation

San Bao (san\*bow) - Three Treasures of Man. Shen, Qi, and Jing

Samadhi - Enlightenment as per Hindu beliefs [subdivided bikalpa and nirbikalpa which mean partial and total respectively]

Seven Stars - head, shoulders, elbows, hands, hips, knees and feet

Siddhi - Supernatural ability achieved down the line of spiritual practice.

Shen - Spiritual Mind. One of the Three Treasures

Tae kwon do: "Way of hands and feet." The primary form of Korean unarmed combat, named during a conference of chung do kwan masters in 1955. It is considered the most popular martial art in the world.

Taiji, Tai Chi (tie\*chee)- Great Ultimate. Yin-yang

Taijiquan or Tai Chi Chuan (tie\*chee\*chwon) - "Great Ultimate Fist", "Grand ultimate fist." An internal system of kung fu, also called soft boxing, characterized by its deliberately slow, continuous, circular, well-balanced and rhythmic movements.

Tan tien: "Sea of chi." The psychic center located just below the naval, which protects the center of gravity and produces a reservoir of force upon which to draw. Also known as "tan den."

Tao or Dao (dow) - (Natural) Way, Way of the Universe

Wing chun: "Beautiful springtime." A form of Chinese kung fu that centers around strong linear punches and centerline movement.

Wushu: "War arts." A highly gymnastic, traditional sport-like artform characterized by several styles.



Xingyiquan: A northern Chinese style created by Yue Fei during the Song dynasty. This internal style contains short simple forms and is based on the five elements of Chinese cosmology.

XMA - "Xtreme Martial Arts", characterized by flipping kicks, and lacking practicality

Zen: The discipline of enlightenment related to the Buddhist doctrine that emphasizes meditation, discipline, and the direct transmission of teachings from master to student.

Zhan Zhuang (jon\*joo\*ong)- Literally "Standing Stake", a series of standing postures to develop internal power

Thanks to forum monkeys Silver\_Archer, Talyn, Ankh, and Alhireth-Hotep for some of the definitions.

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Hi;

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While in China --We did not have the letter P!

so the term pa gau is not authentic but a slang & not china made!

B was the letter! BagauZhan is correct!

I was at the Cloud Forest Temple learning Gung fu!Or Hard work if you will!

If I say Gung fu hot! I'm a cook!

I was Gung fu Hoquan or Hochaun--fight style of the Monkey! :cool: :cool: :cool:

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Reflexology (by Kiwi Kid)

Reflexology

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What is Reflexology?

Reflexology is a technique of diagnosing and treating problems in the body by massaging certain parts of the body. It is a form of acupressure, but is performed more so on the feet, hands or ears.

History

Although not the most interesting thing, I think looking at the history of reflexology will allow one to come to better terms with it.

Reflexology's history is not fully known, but it definitely has a long history starting in the far past. Most ancient cultures seem to have used a form of reflexology to balance the bodies' energies and heal others. Some say it first originated in China around 3,000BC, others say it originated in ancient Egypt, around the same time. These two are the most common views although there are others such as being developed in ancient Peru by the Incas. The most known sample of reflexology is in Egypt in the form of artwork, created around 2,300BC.

However, like most things, over time it has changed and modern reflexology is unlike that which the ancient Egyptians or Chinese likely used. Modern reflexology is mainly based on work from two physicians called Dr. William Fitzgerald and Dr. Joe Riley who

'tampered' with the idea, and of a physiotherapist called Eunice Ingham who turned the ideas into a workable therapy. Since then it has continued to flourish and has now become a common form of therapy across the world, where it can be studied and an actual degree is required in some places to practice it.

## Basic Theory

Reflexology relies on the belief that the body is made up of 'energy pathways' called meridians. Now there are thought to be 12 main meridians (in the TCM) or 8 main meridians (in the Daoist belief). Truly I don't think it matters too much, however I prefer the Daoist belief, however since this is more so a TCM 'technique' I think it will be more appropriate to use their ideas. Ok, so in Traditional Chinese Medicine there are 12 main meridians in the body (plus two ones corresponding to 'unrecognized organs', i.e. conception and governor vessel), these meridians all correspond to different organs and are named accordingly. They are as follows:

### Small Intestine

- Is a yang meridian.
- This meridian travels from the finger tip to the outside of arms and shoulders, heads towards the nose, then back and ends at the ear.
- The small intestine separates the impure and pure.
- This meridian is associated with the small intestine (big surprise, I'm sure!)

### Triple Heater

- Is a yang meridian.
- This meridian travels from the finger tip, up the outside of the arm, up the shoulder and neck and ends at the eye.
- The main function of this meridian is protection, it maintains harmony between the heart and lungs, stomach and spleen and bladder, kidney and liver as well as controls the immunity system and metabolism.

### Large Intestine

- Is a yang meridian.
- This meridian travels from the finger tip up the inside of the arm and shoulder up the middle of the neck and stops at the bottom, where the nose begins.
- This meridian's main function is inducing vitality and elimination.
- It is associated with the bowels, skin, nose and sinuses.

### Urinary Bladder

- Is a yang meridian.
- This meridian travels from the outside of the foot, up the inner back of the leg and joins

at the bottom of the spine where it goes into the body to connect to the kidneys and bladder, it also continues up the back, over the head and down the forehead and ends at the eyes.

- This meridian's main function is purification.
- This meridian is associated with the urinary system, water metabolism, bones and teeth, ears and the spinal column.

### Gall Bladder

- Is a yang meridian.
- This meridian travels on the outsides of the eyes and loops around the head a few times before descending down the back of the head and neck, and then travels down the sides of the body and ends at the 4th toe.
- This meridian's main function is body movement and judgment.
- This meridian is associated with the gall bladder and eyes.

### Stomach

- Is a yang meridian.
- This meridian travels from below the eye, around the cheek and lower mouth, down the front of the body then passes through the diaphragm, enter the stomach and connects with the spleen, then down the leg to end at the second toe.
- This meridian's main function is nourishment.
- This meridian is associated with the stomach and upper digestive area, mouth and lips and breasts and ovaries.

### Lung

- Is a yin meridian.
- This meridian travels from the inner shoulder, down the inside of the arm and ends on the right side of the nail in the thumb.
- This meridian's main function is vitality, in taking of energy and accepting new influences.
- This meridian is associated with the lungs, nose and skin.

### Pericardium

- Is a yin meridian.
- This meridian travels from the chest through the pericardium (little 'bag' which holds the heart) down the diaphragm to the abdomen. As well as traveling 'externally' from the chest, down the arm and finishes at the third finger.
- This meridian's main function is circulation and metabolism.
- This meridian is associated with the pericardium, heart, arteries, vein and blood pressure.

### Heart

- Is a yin meridian.
- This meridian travels from the armpit, down the arm and ends at the pinky finger.
- This meridian's main function is awareness and how we interpret our environment.
- This meridian is associated with the heart, tongue, sweat and the central nervous system.

## Spleen

- Is a yin meridian.
- This meridian travels from the tip of the big toe, up the leg and body then at the chest falls down into the lower armpit area.
- This meridian's main function is nurturing, transportation/transformation of energy and reproduction cycles.
- This meridian is associated with digestion, appetite, menstrual cycle and blood control.

## Liver

- Is a yin meridian.
- This meridian travels from the big toe, up the top of the foot, up the shin area of the leg, then at the knee turns back up the inner leg, continues up the body, head outward towards the edge/beginning of the rib cage then turns back to the middle of the body, ends about halfway up the ribcage.
- This meridian's main function is detoxification and harmonizing emotions.
- This meridian is associated with eyes, liver, storage and detoxification of blood and the muscular system.

## Kidney

- Is a yin meridian.
- This meridian travels from the underneath of the foot, around the ankle up the inner-back of the leg, then up the body, parallel to the conception vessel then near the beginning of the rib cage diverts away from it and finishes at the top of the ribs.
- This meridian's main function is willpower and also governs reproduction.
- This meridian is associated with the kidneys, hormones, energy level, water metabolism, ears, bones and teeth and the lower back.

These meridians will be useful if one wants to move on from reflexology to full body acupressure or acupuncture etc. however most reflexologists do not seem to talk a lot about the meridians and instead use the term zones. The body is divided up into ten zones, five on either side of the spine. These cover the whole body and start/end at each finger or toe and relate more or less so to ten meridians of the body.

The energy within the meridians or zones should always be flowing to maintain health, any concentrations or imbalances in any part of the body cause problems (one reason why RadKi can be so devastating to a person's energetic body, since it relies on concentrating energy and often just moving it about anywhere, even against the normal flow of energy). Different meridians have different ways which the energy should flow. Basically the energy flows from the outside of the feet and legs up the body and down the outside of the arms, while the inside of the arms energy flows up and then down the inside of the body. Anything against this flow slows down the energies speed and the slower it flows the less healthy you are likely to be. So since the body is divide up into zones it makes it easy to tell where to massage for a particular organ etc, for example if we wanted to massage the liver you could follow where it is in the body down to the sole of the foot and it ends up being in zones 5, 4 and 3 of the right foot, since it is a large organ etc.

Along with this, the various meridians also have times when they are more receptive and active, meaning working on those meridians at those times will usually be better, but of course for that you would have to wait all day and massage a different point ever couple of hours, surely not using time well, however I will display each one's 'time' to make this article more complete.

- Liver = 1 a.m.-3 a.m.
- Lung = 3 a.m.-5 a.m.
- Large Intestine = 5 a.m.-7 a.m.
- Stomach = 7 a.m.-9 a.m.
- Spleen = 9 a.m.-11 a.m.
- Heart = 11 a.m.-1 p.m.
- Small Intestine = 1 p.m.-3 p.m.
- Urinary Bladder = 3 p.m.-5 p.m.
- Kidney = 5 p.m.-7 p.m.
- Pericardium = 7 p.m.-9 p.m.
- Triple Heater = 9 p.m.-11 p.m.
- Gall Bladder = 11 p.m.-1 a.m.

Another important basic to know is that the body is made up of polarities, like all things in this world. These polarities being electrical (positive) and magnetic (negative). The right side of the body is electrical and the left side magnetic, except for the top of the foot and back of the hand, then these are reversed. This is mainly looked at when giving the massage depending on what you want to achieve by the massage. Electrical is active and so has a stimulating effect. While magnetic is passive and has a calming, sedative effect. I'll go over how this can be used in application after. Along with this, the right side of the body represents the past and the left side the future. Therefore, while giving a treatment one is supposedly meant to start with the right foot/hand etc, then move on to the left, since it is believed that many problems may come from traumatic experiences etc in the past and these should be dealt with before true healing can take place and a better future realised.

The energy body of a person usually shows all the problems that a person might physically have. Many illnesses that become apparent in the body are first apparent in the energy body of a person, sometimes quite a while before it actually manifests itself and becomes known to the individual. You can liken the energy body to a coat surrounding the physical body, as a needle comes into contact the first thing it pierces is the coat before it finally reaches the body. Due to this it is possible by using reflexology to determine any near illnesses that the patient might experience and to use the bodies natural healing powers to get rid of it before it has time to manifest itself.

Reflexology works by controlling the flow of energy in the zones. By firmly pressing a point, the energy is stimulated and directs itself to the area that the point corresponds too. Different types of pressure are believed to have different effects on the energy, like using different hands etc. Scientifically speaking, or so specialists say, reflexology is stimulating nerves in the body, some nerves which can be pretty long. Some end up at various organs etc, and so produce an effect when pressure is applied to them. Another belief by some practitioners is that the reflex points, when stimulated lead to a release of endorphins which is why the pain stops. However, I think it is more than a pain relief, but actually 'cures' the problem, rather than hide it from view.

## Uses of Reflexology

There are many uses for reflexology, it is mainly used for relieving pain and treating digestive problems, stress and tension, colds and flu's, asthma, arthritis etc, etc. As said before it can also be used to predict illnesses that may arise and then prevent it from manifesting. However there are a few things which reflexology is believed to be inappropriate for, these are: diabetes, some heart disorders, thyroid gland disorders, inflammation of the veins. Some also believe it is not suitable for pregnant women to be given a reflexology treatment. Of course, reflexology will not get rid of a problem that requires surgery. Other than those few things, basically every other illness is believed to be able to be overcome by having reflexology, over certain amounts of time etc.

## Practical Application

### Preparation

This is where the theory will be put in to use. I will say that although most forms of reflexology are similar in practice, some also have little variations or additions that fit the reflexologists well. I am no exception and before I start saying 'how to' give reflexology treatments, I will say that all I know is learned purely from reading and practice, I have not been directly taught applications of reflexology by any person, other than one of my friends mom's who has showed me a bit, so I'd recommend not taking all this as the 'only way' since I learned all I know from one person, reading and practice. Now onto how I believe one should give a reflexology treatment.



The first thing I would recommend the practitioner do is to find a soft brush, if you can and use it to scrub the soles of your feet and palms of your hands, quite vigorously until they turn bright red, do this daily. This does two things, the first of these being lightly stimulating all of the reflexes on your hands and feet, obviously something quite healthful to the body if done frequently enough. The second thing, which is actually the main focus for this is that it removes dead skin cells off the surface of the palms and soles. The soles of the feet and palms of the hand have some important energy centres in them, the soles usually take in energy and the hands release energy. By scrubbing your soles and palms you allow this energy to be taken in/given out much more easily, along with this the pores are able to breath, which means less stress on the lungs and kidneys etc. Since they remove waste as well in the process. This is not so much a reflexology technique as it is a way to get a better, more healthful energy flow through the body, call it a preventive medicine if you will. Someone with 'higher energy levels' is much more likely to give a good treatment than one with lower.

Another good thing that I think should be done daily, which only takes about 1-2 minutes is stimulating reflexes that are on your head. There are a lot of reflexes on your head, due to the 'fact' that all the zones end at the head. There are basically four ways that one can stimulate the reflexes on their head.

- 1.This is merely massaging all of the head with a gentle, circular motion, you should press past the skin and to the bone and do it over the whole head, this way takes longer than the other, faster versions.
- 2.The way is the way I most enjoy, it is simply putting your hand into a fist or use your fingers and gently, but quickly tapping all over the head for about 1 minute or so.
- 3.This way is also quite a good way, you grab handfuls of hair and lightly pull them.
- 4.This way is something a lot of people \*should\* do daily, brushing your hair. Although when brushing you should press just hard enough so that it is felt on your skull.

All of these techniques do different things to the body, although some more similar, 1, 2 and 4 are the most similar. Those three for the most part increase/speed up the flow of energy throughout that part of the body being stimulated. While the 3rd way enlivens the glands and organs in the body more thoroughly.

Do 1 or 2 of these everyday along with the scrubbing and you will over time develop a healthy body and plenty of energy (If you do not do too many other things that are detrimental to this process). I recommend always doing the 3rd one with one of the others.

Along with being used on yourself these could also, perhaps more so the head 'massage' be done on a patient at the beginning of the treatment.

## Massaging Techniques

The first thing one should know when doing reflexology is that you are not working on the skin in the massage, but more so pressing into the bone area, to achieve maximum stimulation of the reflexes. So the pressure should not be light and ticklish but actually quite firm, but relaxing at the same time. Only through practice will one find this right amount of pressure and it varies from person to person.

There are a few different massage 'techniques' that I use when giving a treatment, I will give some of them here.

1. Pivoting: The most basic technique is to use your thumb and press onto the reflex/area you want to stimulate, while keeping the pressure even move it in slow circles.
2. The thumb can be rocked, from the tip to the first knuckle below the nail, this is also a form of pivoting and is often used with the above technique. Both the 1st and 2nd technique are useful to relieve pain and tension from an area.
3. Stroking: This is basically stroking an area with two thumbs, causing some light friction, it is often used over the whole sole of the feet and stimulates blood circulation and relaxes, this is usually the first technique used on the whole foot before more direct stimulation.
4. Kneading: This is when one balls the hand into a fist and uses the second joint knuckles of the fingers to apply pressure to the foot. While applying the pressure move the knuckles side to side etc, like you were kneading some dough.
5. Basic Pressure: This is just applying pressure with the thumb tip to a point on the body, for a small amount of time, then it is usually released and repeated several times, depending on why one is using it. If one were doing zone treatment (which will be the first 'kind' of treatment I will go over) it would be referred to as finger walking.

The knuckle of the middle or index finger can easily be exchanged for the thumb in the above techniques, although thumb is more preferable the knuckle does its job quite well and is often used if your thumb becomes tired, which after 30 mins plus is quite liable to happen.

## Identifying Problem Areas

I find strong energetic problems in the bodies of most people, is actually quite common. They are actually quite easy to find, more so if you try looking for some on your own body, in my experience the feet seem to show them better. To go about finding any problem spots all one has to do is use their thumb and gently press all over the foot, looking for any areas that feel different to others, often they may be softer compared to others or quite numb. If doing this on yourself it is even easier because a light pain may

become apparent varying depending on the intensity of the problem.

## Beginning Treatment

All treatments should begin with a fast rubbing of the area being treated, feet for example. Rub with either the hand, or a brush. What this does is, like said before open the pores etc, but it also allows the blood circulation in the foot to increase, as well as the energy, meaning that the treatment will be more effective.

You may also like to start with the basic head techniques given before.

The person receiving the treatment should be as relaxed as possible.

## Zone Treatment

Zone treatment is the basic overall treatment, this is usually done the first time a person is given a reflexology treatment. It works all the zones equally and while doing so the reflexologists may find any problem areas that may need attention after the zone treatment, or at another session. It is a very simple technique and usually only involves the 5th technique I provided, finger walking.

The first thing is that one should know why the patient (or themselves) wants to have a treatment. Do they/you just want to relax a bit, or do they want to stimulate their energies to achieve better health. If the main concern is relaxation then one should use the left hand when massaging, being as it is magnetic and causes calmness and relaxation, if one wants to stimulate their energies then one should use their right hand being as it is electrical and has stimulating properties.

Once you have chosen what the reason is for the treatment you can begin. Using the hand corresponding to what wants to be done start pinching the top of the big toe on the right foot, or the thumb of the right hand, if working with the hands (remember that the right side of the body should always be treated first, as it relates to the past). This is using a variation often called the C-clamp, as your thumb and finger form a C shape, the finger supports the toe while the thumb applies the pressure. Hold this pressure for about 30 seconds then release it. Now move down the middle of the toe repeating over all areas of the big toe, holding for about 30 seconds then releasing pressure. Maximum attention should be paid to the big toe, I consider it very important in reflexology, as it is where the pituitary, pineal, medulla and hypothalamus are located. Once the big toe is treated move downwards following the 1st zone, use the free hand to support the back of the foot and use the thumb (or knuckle) of the selected hand to apply light pressure. Continue to move down the zone using this 30 second pressure, then release. When you finally arrive at the end of the heel, use the C-clamp in the 'skin' area between the big toe and the second toe, again for 30 seconds. Then go to the beginning of the second toe, using the C-clamp, pinch the top of that toe as well and continue downwards. Continue this on the whole of the right foot and then left foot.

While doing the treatment make a note (mental or written) about any areas which feel different to others, or which the patient says hurt. Some like to make the treatment more

overall by first using their right hand and then re doing the treatment with their left hand. If one were to do this one would start with the right hand then work the right foot to left foot, then repeat with the left hand. This would firstly stimulate the energies of the patient and then relax them. Others may want to relax the patient first then stimulate the energies, while some others may want to knead the foot at the end of the treatment. All personal choice.

The above treatment should take around 30 minutes-1 hour, if you stick with the 30 seconds and cover every part of the sole on both feet.

I would recommend trying to perform this on yourself at least twice a month, preferably once a week if able to.

### Reflex Treatment

Treating the reflexes is the most common treatment, being as most patients do go to see a reflexologist to help deal with a certain problem. From the name it is easy to tell what this treatment is. It is basically stimulating specific reflexes on the foot/hand etc, to help relieve a certain problem. There are many reflex point charts on the internet or in books that one can easily find, some have slight variations, however most have the points in around the same area. In my experience I have found that some people do indeed have some differences in where the reflexes seem to be, the one I've found best suited, at least for my body is one from a book I read when I first became interested in reflexology, the chart for the hands and feet are provided below. (This chart is not the one I commonly use, I decided, due to some problems I will not scan it and put it up etc. )

When one has chosen what problem one wants to heal, you can look at the above chart (or another that may suit you better) and see what reflex points would most likely be suitable for your problem, if you have a stomach ache, massage the stomach reflex etc.

There are a few reflex points that I believe are very important to massage daily as well as on all patients who come to you, even if they do not actually have 'much to do' with the actual problem. These reflex points are:

- First and foremost the endocrine glands (pituitary, pineal, thyroid, parathyroid, thymus, adrenal, pancreas and testes/ovaries.) As a note the adrenal gland should not be stimulated too much, for reasons most should know as well as that it is very close to the kidney reflexes and so you may accidentally over-stimulate the kidneys.
- The brain.
- And finally the spinal reflex, obviously the spine being (according to me) one of the most important structures in the body, controlling most of our nervous system, holding

us up and being the place where the 7 main charkas are located.

### Sample Treatment

I will now present a sample treatment, so one may see how one may go about actually giving one for a specific problem etc.

Now let's say that someone is complaining about breathing problems recently, there are a few things that one should do.

- First and foremost you should ask more precisely what the problem is, where is it, are the sinuses blocked, are you having heart palpitations, etc. etc. All this sets up to make sure one can more properly deal with the problem.
- It is also helpful to know the diet of the patient as well as various medical problems they may have.
- Once one has analyzed exactly what the problem is and how they plan to fix it, they should lie the patient down so that they are comfortable, preferably on a couch, bed etc, perhaps with pillows etc. The whole treatment should be relaxing, I've heard of people having patients go to sleep while they massage, this could be due to great relaxation or maybe just due to getting bored of lying down for an hour or so. Personally I haven't had this experience with anyone so far.
- One may rub their hands together, putting right on left, then rubbing clockwise for 36 times, repeat with left on top of the right hand. This brings energy to the hands to allow healthy energy to flow into the patient (such as why it is important to maintain healthy energy, one does not want to give 'dirty' energies to another)
- Once the patient is comfortable one should start rubbing the sole of the foot (assuming your working on the feet) vigorously (though not too much that it causes pain) this allows energy and circulation of blood in that area to increase, preparing for the treatment.
- Then one should go on to treat, now one should go on to treat the 'most important points, in my view' first of all. These points can be massaged using basic pressure, which should be applied for about 5-10 secs, released then repeated for a total of 3 times. The top of the big toe should be firmly pinched to activate the brain reflex and the knuckle can be moved slowly up the spine reflex.
- Once that is done the body is ready for the actual treatment of the problem.

-Lets say that after asking for more details we find that the patient's sinuses are having problems, often becoming blocked, the patient has a history of heart palpitations and when breathing pain is apparent in the left lung.

- So the first thing (after doing all the above) we should do is open the sinuses, since that is the beginning of where the problem is. Now the sinus reflexes are located at the tip of each toe (apart from big), we want to open them, this requires a more active role so we shall use our right hand.
- Form the 'c-clamp' with the thumb and forefinger of the right hand and firmly squeeze the tips of each of the toes, starting with the right foot, from the little toe.

- Hold the squeeze on each reflex for about 10 seconds, then release for a few seconds and apply pressure again. One would repeat from about 3-10 times depending on the seriousness of the problem.
- After the sinus reflex points have been appropriately massaged we can move on to the lung problem...since it is basically painful we shall for this one use our left hand instead of our right, it being magnetic and sedative.
- Now since it is the left lung having problems we will work on the left foot. Find the lung reflex and lightly place pressure on it with your left thumb for a period of ten seconds repeating (again like before) a few times depending on seriousness. It is likely that the patient may say it is painful, lighten the pressure a bit and keep working with it, gradually applying more pressure as it becomes less tender/pain lessens. After a good repetitions you can move on (it doesn't matter if the pain hasn't subsided in the foot yet)
- Now we shall do some basic pivoting on the lung reflex with the thumb, make slow circles on the reflex, applying a good amount of pressure and gradually working it, as pain lessens etc. This activates small 'waves' of energy to pass down the reflex towards the lungs, giving healing energy etc. Stop when you feel it has been done long enough.
- Next one will apply gentle strokes with the left hand thumb to the reflex point, creating a light friction. What this does is allows the lungs to relax, like a massage done on the shoulders often has the relaxing feel, relieving tension etc, so this too will do the same for the left lung.
- Many reflexologists will only work with the area where the problem is, in this case, the left lung. However I would in this case also massage the right lung reflex in a similar manner, due to trying to maintain a balance in the body, since imbalances do tend to lead to health problems etc.
- After that we can move on to the heart reflex, again trying to relax it so we use the left hand, and in this case can basically repeat the above examples again, instead though on the heart reflex.
- Now the problem should have been efficiently treated, although something like this may require more than one treatment.
- The end of the treatment should end with brisk rubbing of the feet.
- It is to be advised to the person receiving the treatment, to not eat for about 2 hours afterwards if possible and that they should go and lay in a warm bath, drink a few glasses of pure water. This is all to help with the removing of toxins from the body.

### Common Occurrences & Problems

After the treatment the patient may feel queasy, may have a headache, often need to go to the bathroom, in rare cases may even vomit (although vomiting I have not had any experience with). These are nothing to be overly alarmed about, reflexology helps the bodies natural healing powers, it aids the body in removing toxins from itself, of course these toxins have to have a way to get out, which is why someone may go to the bathroom a lot, or get a headache while the toxins try to 'find' an escape path etc. This is why I said the patient should have a warm bath, drink water etc. One should only be alarmed if the problem continues for more than a day or two. In some cases such as these it may be likely that one over stimulated a certain reflex.

However reflexology is in most cases very safe and I have had no problems with it yet, over-stimulating a reflex is usually not too much of a problem and should heal itself out after a few days. One thing I will say is if after stimulating a reflex point for a while the pain does not lessen but increases, STOP, you may cause more problems then you fix.

\*~\*Before the light, comes the dark\*~\*

(This article is created by me, Kiwi Kid, and thanks goes out to Darkduck for overlooking it. :) )

Logged

"Well, aside from sustaining massive internal injuries in a plane crash, and being chased by the army, the navy, and a troop of girl scouts, yeah, I'm, uh, just peachy."

~DD

February 07, 2006, 11:37:05 AMReply #1

qi\_master

A Veritas Regular

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\*\*

Regular Member

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Re: Reflexology (by Kiwi Kid)

Came out good. :wink:

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Author Topic: Swordplay and Energy (by Defender) (Read 16090 times)

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August 24, 2004, 08:13:43 PMRead 16090 times

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Veritas Teacher

6

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Swordplay and Energy (by Defender)



Article sez: Originally a chatlog, many Veritas teachers took part, although the bulk was done by Defender and Darkduck.

(Many thanks to Tsumaru for putting it in article form. Yay to Tsumaru!)

## SWORDPLAY & ENERGY

Darkduck: Defender will first explain the basics of sword bonding through the occult swordplay style. I will then take over, and talk about weapon bonding from Aiki style.

Defender: -Point 1. For these exercises you should use the same sword all the time. That way you form a connection with it.

-Point 2. Please remember that wooden swords are better for the beginner. Not only do you reduce the risk of causing serious damage to yourself and others but also you will find that it holds energy better than metal. Wood was once living, it once contained life energy of its own, hence is easier to work with.

-Point 3. If you lack the necessary experience, don't even try. You will just get hurt.

Exercise 1. This is the most simple but as with all simple things probably the most important. I am working on the assumption that you all have at least a moderate skill and understanding with meditation. If you do not then I am sorry, but you need to learn that first.

The first exercise is very simple, just meditate with the blade. The exact mechanics of this are not important, like all beginning meditations the most important thing is that you are comfortable. However, saying this I would suggest that you have your hands in contact with the sword at all times.

A technique that I personally find useful is sitting cross-legged or on a chair and allowing the sword to rest on my legs - close to the knees but not too close. (You DO NOT want to run the risk of having the blade slipping off your knees onto your foot). Then rest your hands on the sword, one on the blade itself and another on the grip.

From this point, any number of techniques and basic exercises open up to you, but the first and most basic is simply meditating as you would normally do. For me this is the four-fold breath while clearing your mind of all thoughts. Any questions?

Lightbringer (Student): I was just wondering if it's okay to just keep the sword in its scabbard just to be safe. Basically, is contact with the blade needed?

Defender: Well... you could do it with the scabbard on, but it would be less effective. After all it is the blade itself that you are trying to connect with. If it is a safety aspect that is concerning you, then I would strongly recommend getting yourself a wooden blade.

Frozen (Student): Because you don't fight with the scabbard on, do you?

Defender: Exactly. Well actually...fighting with the scabbard on could be a part of...okay, I'm shutting up, sorry.

Talyn (Student): What happens if your hilt is barely able to support two hands? Will this still allow the techniques to be performed correctly?

Defender: Yes the technique can still be performed correctly. If need be then put one hand on top of the other. The point is to establish a good connection and circuit with the weapon, not to be able to use it effectively at this point.

Prophecy: If you are skilled to any extent in establishing links with objects (such as is used for enchantments), then such a link may also be formed with the hand not directly touching the sword.

Defender: Anyway, moving on. Exercise 2 - In my opinion this is the most important. For this one I would recommend holding the blade as you would to fight with it. HOWEVER, should it be a blade that you would normally use 1 handed then I would suggest that you make an exception and hold the grip with both hands. Adopt a traditional softish martial art stance - ie. Knees slightly bent, tongue touching the roof of the mouth etc.

Now, I am assuming that you all also have some experience in the very basic chi exercises; most notably the one where you sense your internal chi and then move it around your body. Well, from the stance you have adopted, assume a state of light meditation as you would tend to do when doing energy work.

Next start moving energy around your body as you would normally do. View this as a sort of warming up, when you have the energy flowing through your body well, then send it to your hands. From here, allow the energy to flow from your hands into the grip of the sword and then throughout the entire weapon. It is important not to send in an isolated and cut off burst, but instead to keep the energy you send into the blade connected to your own body. Nor should you allow the energy in the blade to stagnate, but keep it flowing, as you would the energy within your own body.

Next, extend your aura around the blade. Visualise your aura, then see it expanding to encompass the weapon and hold it there. At this point, the blade should feel connected to you, it has your energy flowing through it and your aura extended around it. Finally for this exercise, extend your mind into your hands, and then finally the sword itself until it is at the very tip of the blade. Hold this for a few moments, then slowly withdraw.

For your first attempt you should now slowly withdraw both your aura and your energy as well. And take a well deserved rest. This is of course the very tip of the iceberg for this topic, but I am short of time and with that in mind would like to now pass over to Darkduck. I will of course continue to elaborate on these exercises soon and would like to announce that Prophecy's excellent article on the subject might soon be available.

Darkduck: ^-^ Ahh...Hello everybody. Might I get a round of applause for Defender's

excellent class, it was very good. ^\_^

Class: \*applauds\*

Darkduck: Well then. Sword bonding, from a different approach - Aiki. As you all undoubtedly know, Aiki stands for harmonious energy. Or, more literally, even the 'love for energy'. It is not very different from what defender did, but with a little twist added to it. Some people might like this method over Defender's, and others might like the Occult Swordsplay more. It's all good, just choose.

Now then. You could very well do this however, with anything you choose, from a bokken, to your car keys. But, for the sake of continuity, I'll use the bokken. Stand in a regular stance, with your dominant hand over (as in, above, not on top) of your other hand. Keep them a reasonable amount apart, and make sure that the index finger is relaxed. Get a good grip on the sword with your middle and ring finger.

Swing the sword about a little, to get a good feel for how heavy it is, etcetera. Make sure your muscles are used to carrying the bokken, before you proceed. If you have experience in that field, meditational kata from iaido help. A lot.

Now, for the first timers doing this, it helps if you close your eyes the moment you are ready. Once eyes are closed, begin by paying attention to the wood of the sword in your hands. Feel its texture, and the hardness, but still gentle softness of the wood. Feel the energy from the bokken, pulsating gently into your arms. Like a bird that is washing its feathers in a pond, and thus creating ripples in the water, feel the effect of the bokken on you.

Now, step by step, start adjusting yourself to the flow of the bokken. This is not as hard as it sounds; all you really have to do is pay attention to the energy of the bokken, and the feeling in your hands. You can gently increase or decrease the pulsating feeling in your hand, just by thinking about it.

Get in tune with the bokken. But don't just get in tune with the bokken. Feel the energy of the wood, once belonging to a mighty oak, or pine perhaps, becoming one with yours. Because as your energy shifts, so does the energy of the wood. As 'aiki' suggests, harmony ('love') between energy is happening here too. The more the pulses of the bokken, and you come closer to each other, the closer you are to becoming one with the weapon. Any more questions?

DraconicFeathers (Student): How would one apply that with a steel sword? Would it be similar, but with adjustments to match the wavelength of steel, or completely different?

Darkduck: With a 'live' blade it is a lot different. Perhaps I'll answer that in a later session if you don't mind.

Time to continue then. There is a moment that the two energies come together. This

moment is quite hard to describe, you will have to settle for "believe me, you'll notice alright". At that point, that bokken adjusts to your needs, and becomes one with your energy in an instant. On an energetic ground, you and the bokken have become one, your energy completely in the bokken, but the bokken also in you, allowing you to "understand the blade".

With practice, it will become easier and easier to quickly bond with the sword. If you break your training, there will be a lot of your energy still residing in the bokken, as it has become YOUR weapon. Literally. Close off in whatever way you see fitting. Be sure to bow in respect. I hope this short guide on Aiki with weaponry was informative. ^\_^

Defender: Sidenote: And this applies to my section as well. When doing something like this, it is VITALLY important that you are able to bond with your weapon very quickly. If you are actually in a fight you will need to act instantly, without even thought.

Darkduck: Indeed. With practice, it doesn't even take an action anymore, the moment you touch that particular weapon, you are one with it.

Silverdawn: This has been a session about how to integrate the energy with your weapon, and how it would be effective in combat. Have spontaneous uses of this technique, with weapons never before touched by the user, been documented? In other words, without the 'bonding' period?

Darkduck: Aye. In time, an aiki-artist can focus his training on spreading a field around him, quite like the fudoshin-field, of harmony. You probably have met people like this before; they make you feel at ease the moment they come near you. It is very much possible to bond with a weapon in an instant, given the right amount of practice, and a clear mind.

Defender: There are also reports of weapons that bond with the user rather than the other way round.

DraconicFeathers (Student): Would that apply to "living blades"?

Viendin (Student): Would that be from leftover energy from a previous user, or something special? As in what Student 4 said?

Darkduck: Could be anything.

Defender: Although they are more myth and legend than recent facts - blades that have absorbed enough energy and memories of sword masters as they have been passed down from master to apprentice that they have gained something of their own.

Darkduck: In the account of Masamune and Murasame, for example. Masamune, the peaceful blade, forged by a peaceful smithy, was said to be so strong, when placed in a river, leaves would float AROUND it. Murasame, on the other hand, forged by a student

of the Masamune smith, was created with destruction in mind. It would cut leaves when standing in a river, the opposite of the friendly Masamune.

DraconicFeathers (Student): So when you mentioned weapons bonding with the wielder...in this case, it would mean the wielder would have, lets say, a peaceful state of mind if they were to wield the Masamune?

Darkduck: Indeed. Masamune wouldn't drive them into a killing spree, to put it bluntly, but the blade itself would have effect on the wielder.

Silverdawn: This concludes our class for tonight. I hope you enjoyed it. Please give a warm applause for your instructors!

Class: \*applauds\* \*cheers\* \*wolf whistles\*

Defender: \*Bows\* Thank you for being such a good class

Darduck: \*Bows\* Indeed \*Falls back in seat\*

Logged

October 14, 2004, 05:39:57 PMReply #1

Big Z

Veritas Furniture

Offline

\*\*\*\*

he-who-posts-lots

373

Karma:

0

Personal Text

he-who-posts-lots

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Swordplay and Energy (by Defender)

I had some trouble trying this, when I spread my energy/awareness into my katana it works very well until I reach around the center of the blade. I know you say that using a wooden sword is easier, but with it i had no effect at all, i couldn't concentrate my energy into the wood. Other than that i found the article very informative, any help will be appreciated.

Logged

"If you sit by the river long enough all your enemies will float by."

Chinese Proverb

If you jog every day, you will add five years onto your life, but all of those years will be done jogging.

April 09, 2005, 04:22:29 PMReply #2

Dark\_Wanderer  
Settling In

Offline

\*

Greenhorn

22

Karma:

0

Personal Text

Ignis Aeternus

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Sorry

I don't want do sound like pompous or anything, but I just wanted to point something out for future reference. The name of the malevolent student of Masamune was Muramasa, not Murasame. Murasame is a legendary sword in Japan that sheds water off the blade when drawn from its sheath. Again, I am sorry if this sounds at all high and mighty.

Other than that, I found the article to be very informative and enjoyable. A good read for anyone from a novice to an expert in my opinion.

Logged

When two swords clash there is no escape. Instead, one must move on calmly like a cool lotus blossoming in the midst of raging fire, and forcefully pierce the heavens.

July 15, 2005, 05:50:16 AMReply #3

Templar

New Member

Offline

\*

6

Karma:

0

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Re: Swordplay and Energy (by Defender)

If you make your own wooden sword, is it going to have any special bonding with you?

Logged

September 02, 2006, 11:48:09 AMReply #4

Anhan

Settling In

Offline

\*

Regular Member

47

Karma:

0

Personal Text

Regular Member

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Re: Swordplay and Energy (by Defender)

I thought this is very informative. I've done something similar with my blades, and even my quarterstaves from time to time. Thanks for this terrific article. I learned a lot here.

Logged

"A true warrior's path is that of righteousness."

"Only fools go where angels fear to tread."- Unknown

January 27, 2008, 01:21:07 AMReply #5

axlfranklin

New Member

Offline

\*

5

Karma:

0

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Re: Swordplay and Energy (by Defender)

very informative.

Logged

"he who defeats himself is the greatest warrior of all"

Confucius

April 16, 2008, 09:22:48 AMReply #6

takuya infinity

New Member

Offline

\*

2

Karma:

0

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Re: Swordplay and Energy (by Defender)

im very much in to swordsmanship and i found this artical very informative

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If the light becomes stronger, darkness will also become deeper

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Author Topic: Qing Gong (By Fireblade) (Read 21251 times)

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November 26, 2007, 07:30:57 PMRead 21251 times

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Veritas Teacher

Posts By Osmosis



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Qing Gong (By Fireblade)

Qing Gong

Written by: Fireblade

Qing Gong, (Chinese for “light body skill”), is often considered to be a fabled skill seen only in legends, films, and stories. When heroes are depicted as jumping on water or gliding through the air, Qing Gong is the skill they are supposedly using. Despite Qing Gong being real, the way it is represented in popular culture would certainly discredit whatever claim this skill possesses in reality. With the exception of a handful of books, this skill is only rarely mentioned in Western martial arts literature. In the hope of shedding some light on this topic I will attempt to present some of the philosophy and techniques in an easily understandable manner.

I have been practicing various martial arts for approximately ten years. These arts include generic Karate, Wing Chun, Muay Thai, Bagua Zhang, Tai Chi Chen/Yang, Chi Kung, Guandong Gung Fu and several weapons-oriented arts. For the past three years I have been a Tai Chi instructor, and I began learning Qing Gong about two years ago under the supervision of a martial arts master in China. However, I must make it a point that I have neither mastered this skill nor have I learned everything there is to know about it. Therefore I will only give the instructions of the things I have learned and performed myself.

Qing Gong can be roughly divided into two aspects: The ability to jump high vertically and the ability to move quickly forward. When these abilities are combined, a person will be able to jump higher and cross a larger distance. (Some traditions also include the ability to climb rapidly).

What are the mechanics of Qing Gong? The traditional explanation is that through the strengthening of the body, inner energy, and mastery of techniques, the martial artist is able to direct his energy in such a manner that he body becomes nearly weightless, allowing him or him to seemingly “glide through the air.” However, I feel that a more accurate, modern, and relatively easier way of explaining Qing Gong exists. A martial artist would use techniques and body strength to generate a near constant forward momentum that would maximize the person’s possible speed. This would not cause as much impact stress on joints as normal running or jumping would.

The training of Qing Gong can be divided into three separate and equally essential

parts. Without all of the pieces, mastery cannot be accomplished. The three aspects are...

1. The physical training (strength, fitness, flexibility, balance)
2. The mental training (meditation, endurance)
3. The technique training (technique, balance)

All three parts of Qing Gong must be honed before they can complement each other. No aspect is more important than the next. In depth, the first portion of Qing Gong to be described in detail will be physical training. (I am not responsible for any injury sustained by use of this article.)

## 1. Physical training

The most important muscles to train to excel in Qing Gong are the leg, back and abdominal muscles. Stretching and flexibility is required to avoid injuries and difficulty in performing Qing Gong. Below are listed some traditional exercises for improving strength, jump height, and balance. After the basic move is perfected it is recommended to add weights. Please be careful with these and especially pay attention to your knees.

### 1.1. Ankle jump.

An ankle jump is performed only with the ankles instead of with the whole body. Simply kick down with your toes so hard that you jump into the air.

The number of sets and repetitions you'll have to decide for yourself. As for when I started this training, we had to do 100 reps for 1-3 sets and when we started to manage that quite nicely....bodyweights were added to make it hard again.

This is also a good jump to practice up and down small hills, stairs, or ledges.

### 1.2. High jump.

This time you are supposed to jump with the entire body. Put your feet together, stand on your feet and sit down until your knees reach your chest. Then put your hands on the ground a bit apart from your legs. When you jump, you push with the hands, kick with the legs and stretch as far upwards as you can. 3 x 20 is a good start.

### 1.3. Continuous jump

Keep your feet together and jump with the whole body without crouching down. You are to jump as high as possible. Once airborne, crouch yourself together as small as possible then stretch out and land. This exercise is not done standing on one spot like the others are, in this exercise you are to continue jumping from a high spot to a low spot and back up again, without any pause or halt between. Traditionally this exercise is trained by digging a hole and jumping into it and up again. Every day/second day/week that goes by you are to dig it a little bit deeper to continue to improve.

### 1.4. Circle walking

- 1.4.1. Put a number of small bricks (or similar) in a circle and walk the circle while

focusing on the center and balancing on the bricks. When you can do this without much problem, you may put the brick on its end. Continuing you can use smaller stones that aren't completely stable on the ground and you can elevate the stones/bricks. Once you have done all this and attained good balance, you can start over with bodyweights.

-1.4.2. Get a large container of some sort that can support your entire bodyweight without breaking, but it should be a little unstable or shifting as you shift your weight on it. It must be large enough for you to be able to walk on its edge in circles. Once you have such a container you are to fill it with heavy stones or sand so that it doesn't move when you stand on it. Now you can begin training by doing the circle walk on this container, every day/second day/week of training you are to remove a rock or some sand from the container, making it more unstable when you walk on it. Once the container is empty and you can balance on it without falling off or tipping it over, fill it up again, add some bodyweights and repeat.

## 2. Mental Training

### 2.1. Meditation

Usually a form of zhan zhuang (standing like a tree) meditation is used. The purpose is to strengthen the legs and posture through static training, increasing the inner strength as well as deepen stages of meditation which may aid both the development of your art as well as your personality.

### 2.2 Standing Tree Meditation

Stand with your feet parallel a little wider than your shoulders, sink your weight down and hold your hands and arms in a circle in front of you in chest height with the palms turned inward. Your spine is to be as straight as it is in any sitting meditation asanas. Relax your shoulders and elbows while your hands hang in front of your chest. In the beginning this exercise will be felt the worst in the legs. If you just started training and you can stand more than 5 min without any pain in your thighs, you are doing it wrong. In the beginning it is best to set a certain amount of time to practice and to increase it steadily.

This is a terrible bastardized explanation of zhan zhuang so please study some other sources before you start doing this.

## 3. Technique Training

This technique can basically be described as a "low long distance sprint." As all Qing Gong it is supposed to be able to maintain a high speed both over short and long distances. It is "low" because that is the core of this technique (low stance). By keeping your spine straight at all times you lower your center/dan tien/gravity point while constantly moving forward. (i.e. With the upper body relatively straight, you crouch with your legs until your thighs are almost parallel to the ground.) At this stage you should keep your arms close to the body and then run. At this point you'll start to figure out the mechanics of basic Qing Gong by yourself.

There are but a few things I will ask you to keep in mind while practicing. When you try to run low in the beginning, it isn't low enough, if it is, then you aren't running fast enough. I don't mean to push your hopes down, but it is at this stage you'll learn exactly why basic strength is such a requirement to grow in this skill. KEEP YOUR SPINE STRAIGHT. Balance is important when running at high speeds. Balance your upper body upon your lower body. Your center of balance is hardly supposed to move at all vertically. You shouldn't go up and down each time you take a step and your body should remain at a level height. The movement will come from the hip and your center which rotates. The power comes from your legs and the will to endure the pain and push yourself further comes from the mind.

To better help you understand some of the basic exercises I am including a Youtube video of an ankle jump and circle walk.

<http://youtube.com/watch?v=Pkpde4vSuwc>

This article describes only the most basic of basics in Qing Gong. There are several other techniques, exercises, meditations and breathing techniques. Any questions or comments both on what has been explained here and other things related this skill are welcomed.

I hope this article has given you a bit more understanding on Qing Gong. Just remember, take what you need and discard what you do not. Do not believe my words blindly, but put them to the test and see for yourselves.

Humbly yours,

-Fireblade

« Last Edit: November 27, 2007, 12:57:06 PM by XIII »

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<@kobok> And if you push hard enough, you can shove quite a lot into a chicken.

<@Trowa> When someone told him to jump off a cliff, he argued the semantic meanings of "jump" and "cliff", and then proceeded to do just that.

December 24, 2007, 06:06:21 PMReply #1

Shadow\_Dragon

Veritas Moderator

Posts By Osmosis

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Discoverer of Imaginary Cult

684

Karma:

14

Personal Text

Qing Jing Wei Tian Xia Zheng

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Re: Qing Gong (By Fireblade)  
So this is how the Ninja's do it.  
(111 get)

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Be extremely subtle, even to the point of formlessness. Be extremely mysterious, even to the point of soundlessness. Thereby you can be the director of the opponent's fate.  
-Sun Tzu

When the Mind is clear and still, all things under Heaven fall into place. -Lao Tzu

Drink your cup alone, though it taste of blood and tears, and praise God for the gift of taste. -Almustafa

April 16, 2008, 09:30:00 AMReply #2

takuya infinity

New Member

Offline

\*

2

Karma:

0

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Re: Qing Gong (By Fireblade)  
thats really cool thanks for posting

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If the light becomes stronger, darkness will also become deeper

November 22, 2008, 08:29:20 AMReply #3

Shinichi

Posts By Osmosis

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\*\*\*\*\*

640

Karma:

80

Personal Text

The Eternal Student

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Re: Qing Gong (By Fireblade)

I have a question: Can I add to this thread an article on Qing Gong that was given to me by a Wudang Taoist, or would it be more proper to create another thread?

If it's allowed, I would like to add it here, so as to keep the information together for people studying the subject.

~:Shin:~

EDIT 06/13/10

As an update (which seems to be needed), I eventually found the original author of the document I spoke of in this post. He did not give me permission to post it, and in fact told me to try to stop circulation of it if I could, since he had been told parts of the training were extremely dangerous and shouldnt be done. I personally think that's an exaggeration, but, in respect for the author, I will not be posting the article I talked about here.

Thank you.

« Last Edit: June 13, 2010, 06:15:54 AM by Shinichi »

Logged

~:Completed the 2013 Qi Gong Study Group:~

"There is no such thing as Impossible, it's merely a matter of understanding the mechanisms by which the Will can be made manifest into an objective reality." -- The Wise.

November 22, 2008, 08:59:07 PMReply #4

Tsumaru

Posts By Osmosis

Offline

\*\*\*\*\*

1780

Karma:

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Re: Qing Gong (By Fireblade)

The proper thing to do would be first gain permission to post the article since you didn't write it, then put it in the Theories, Articles and Philosophy section crediting it to the original author. If the staff feel it is a good article, it may be moved into the official Articles section.

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Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

December 30, 2008, 06:51:49 PMReply #5

Tricky

Veritas Furniture

Offline

\*\*\*\*

427

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Re: Qing Gong (By Fireblade)

Can you make a video of yourself jumping like this?

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Author Topic: Yoga (Read 8050 times)

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ChezNips

Teacher Emeritus

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Veritas Teacher

1722

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7

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Yoga

We've all heard of yoga before but hopefully you aren't as fuzzy about what it is or have preconceptions that I have had for years on what yoga actually encompasses. I believed for a long time that yoga was some exercise in which you twisted your body into some impossible pretzel and couldn't understand how this could be considered meditation or even comfortable!

In all actuality, yoga is based on far more than flexibility. It's designed to get the body under control but can extend to be a lifestyle, an ethical paradigm and a technique for meditation.

Yoga comes from the Sanskrit root word, yui meaning to yoke or to join together. It's a 5000 year old method of mind-body health leading to "self-actualization". There are many paths or methods in yoga including Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha Yoga, and Raja Yoga.

Yoga was first described by Pantanjali, an Indian sage somewhere between 200 B.C.E. and 400 C.E.. His book of aphorisms, called the "Yoga Sutras" described an eightfold path for mind-body mastery that included rules for living, exercises, breathing techniques, concentration techniques, meditation, and philosophy that was to lead to enlightenment. This book has largely defined the modern practice of yoga as we know it



today.

Patanjali's rules for living, called yamas (the do's) and niyamas (the don'ts) gave practitioners a framework for facilitating a meditation practice by giving them a life more in tune with natural laws and behavior that was the most conducive to enlightenment. The Yamas are five yoga abstinences or forms of disciplines that are ment to purify the body and mind. The Niyamas are five yoga observances or personal disciplines. Together these create Dharma which translates as "duty" or "ethics". Dharma is that which upholds and sustains but also exists apart from humans, as opposed to a moreal code of ethics that humans created.

The concept of Dharma, at least according to yogic thought, is variously translated but you could call it the universal tendency to move toward the positive/good. The universe is fueled by it, the world is moved by it and people can chose to live by it or ignore it. When or if you chose to live in it, certain actions and ways of thinking will clearly and definitively be right or good while others will clearly and difinitively be wrong or bad. The concept is that if you live in dharma, you accumulate good karma. You will know what is right and what is wrong that goes beyond having that good or bad consciousness aka Jimney cricket's little voice in your ear. The problem with dharma is that it's not easy, and guess what? It's not designed to be easy or we would all be living in dharma. It requires a lot of effort and discipline but luckily, those that have lived before us have left us with some guidelines to help make it a little easier.

Karma is a concept in regards to universal balance. Every action, every single thought will be balanced by an opposite action or thought somewhere out in that vast universe. Every thing you do, every action you take, every thought you think has a ripple effect and will come back to you. It's not ment to be a type of revenge or to "get what you deserve" as much as a universal balancing act.

Some of us like rules for they give us some frame work with in which to work and others of us hate rules because they limit us. One thing Pantanjali's rules for living did was to give us a guide with which to discipline ourselves. We could cruise through life and its speed bumps willy nilly at our own speed but in comparison to driving, rules of the road ensure that we travel as safely as possible, not only for ourselves but for others as well. Imagine driving with no traffic rules and no road signs to warn us of whats next. Imagine no stop signs, no rules for which side of the road to drive on on who has the right of way and you can imagine what a dangerous mess we would have.

When Pantanjali designed his "Eightfold Path" as a guideline for living, he recorded it as a type of recipe for enlightenment or self-realization. You are able to work all the points of his path or one at a time working at your own pace to graduate towards greater happiness in your life and soul progression. It might also be helpful to keep in mind that while working one thread or path at a time, with each added thread, you have an intertwined rope. With each added thread, you add strength and greater stability.

Step #1 in the Eightfold Path, The Yamas are as follows:

Ahimsa which translates to mean "do no harm" and is all about avoiding violence not only in your actions, but also in your words and even your thoughts. This means not only controlling your temper and not harming people but can include avoiding negative thoughts about others and about yourself. The idea of vegetarianism stems from this yoga as many yogis consider the killing of an animal to eat to be wrong and is accordance with murder of a sacred form of life as an act of violence.

Satya translates to mean no lies and is all about truthfulness. It's not only about big lies but also about little lies like calling in sick when you aren't sick and wanted to go hang out at the mall instead. Truthfulness is a strong point of personal integrity and upstanding character.

Asteya translates into the refusal to steal, quite simply, don't take what is not yours whether its an idea, credit for something you didn't do, a million dollars or downloading pirated material off the internet.

Brahmacharya is about controlling your sexual desire and expanding on that idea is the desire or the lust for anything else. The idea of enlightenment is to let go of things that we become obsessed on, those things bind and limit us including situations that control us.

Aparigrahs is an extension of the last yama in that it means to learn to live without greed and to only make due with what you have, not more or in excess. Greed manifests in many ways from monopolizing conversations and situations to jealousy and dissatisfaction with your place in this world.

Step #2 in the Eightfold Path, Yoga Niyamas are as follows:

Saucha translates to mean purity and is actualized with the practice of all 5 of the yamas. The abstinences are ment to clean the negative physical and mental states of being. Purity should be not only in mind and body but extend to environment such as

bathing, keeping a clean space, eating fresh healthy, unprocessed foods, etc.. Meditation and mindfulness are valuable resources to lead you toward the direction of having pure thoughts and actions.

Santosha means finding happiness with who you are and what you do. This doesn't mean you can't work on your self, work for a better job, work on health and diet or more productive relationships. It simply means to evaluate the obstacles blocking your path as opportunities and taking responsibility for your life and actions.

Tapas is all about discipline in our actions, our health, our life. Discipline can be seen sometimes as taking up rituals in our lives for our betterment and sticking to a regimen like exercise, eating right, meditation, even practice in energy movement and the basics in psi. Discipline also means to carry out the rigours daily like controlling our temper and emotions, completing daily chores on a timely basis, even something as mundane as brushing your teeth. It's not meant to be easy but the more we do it, the easier all the other yamas and niyamas become.

Svadhyaya is about paying attention to many things like who you are, what you do, how you think and feel, what you believe. It's about thinking why certain actions are ingrained in us and why we react without thinking. It's about re-evaluating our beliefs to find out if they are good and strong as compared to being there because we are told to. This niyama is about maintaining a study of sacred texts of different religions and practices to inspire and teach us. In other words, never stop learning and growing in life.

Ishvara-pranidhana is about placing our focus on the divine, in what ever form this means to you. It doesn't mean you have to be a religious devotee although that can be one interpretation. It means to let go of ego and focus on the self to your highest ideal. This niyama can simply mean to look at devotion to nature, the soul, and the process of life in general.

Step #3, Asana involves body control. The Asana are the postures of yoga that people generally think of when speaking of yoga. These are not only exercises or stretches but you learn from this step control of body so it remains steady and comfortable. When you are flexible, strong and feeling great, then its less likely that your body gets in the way when trying to meditate. Asana translates to the pose of sitting or keeping the body still. All the other postures are part of Hatha Yoga for the most part.

Step #4, Pranayama is known as breath control. Prana is a word, like chi and ki that means life force. This life force flows not only through us, but in all living things as well as inanimate things like rocks through the entire universe. It is considered pure energy and the only way to fill yourself with it is to breathe. Pranayama practice works to change the mind. If you think about it, the breath relates directly to your mind, often our

state of mind is directly linked to the quality of energy we have. As the mind changes, so does the prana or energy. Working with pranayama exercises influences not only the mind but also the prana within you and the flow of energy becomes increasingly more plentiful but also flows more freely, with less obstructions. Both the breath and the mind are needed to use the prana to effect a positive change in the body.

Step #5 is Pratyhara or detachment. It means to learn to shut off the senses and to be able to let go of the external distractions in order to meditate. The aim in meditation is inner focus but in order to do this, we have to temporarily learn to shut off the senses to limit the data input to the brain. It's a lot like learning sensory deprivation because even in an empty room, you might hear neighbors fighting, feel the pangs of hunger, maybe a misquito bite is itching. All these annoying little distractions make meditation difficult until you can learn to withdraw the senses.

Step #6 in the Eightfold Path is Dharana or the practice of concentration. Concentration, unfortunately, doesn't come automatically. It requires lots of practice. Some meditation techniques involve concentrating on one thing such as an object, candle flame, a mandala, a sound or mantra or even a single thought. The aim is to concentrate until you can eliminate the separation of the thing, whether it be candle flame, sound or thought and yourself to see that you and the object are one. Dharana is the technique of orienting your mind toward a single point.

Step #7 is called Dhyana and is the actual practice of meditation. So far up to this point, you have cultivated the practices of controlling your body and breath, learning to detach the senses and concentration. This has made the way for meditation in making it easier and more productive. At this stage, you are moving beyond all that stuff into actual self-realization and the union between yourself and the world around you. All the steps before this can be meditations in themselves, but at this stage in the game, when everything else falls away, the distractions, the attachments and ego, what you have left is called Samadhi or pure being.

The last step in the Eightfold Path, Samadhi, is about pure consciousness or bliss, also called nirvana which was considered by Pantanjali to be the final and ultimate experience of meditation. One thing to consider is that this step is not impossible, its about the journey, not the destination!

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some days you're the bug, some days you're the windshield.  
January 26, 2008, 05:12:43 AMReply #1  
Lexie  
A Veritas Regular

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Re: Yoga

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Author Topic: Daoist Philosophy Primer(By Koujiryuu) (Read 8000 times)

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Daoist Philosophy Primer(By Koujiryuu)

Daoist Philosophy Primer

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## Introduction

Daoism (Taoism) is a very complex spiritual philosophy that is older than Christianity. This article is intended to introduce individuals to the intricacies of the philosophy, seeing as many internal disciplines and martial arts have been heavily influenced by this unique way of thought. The Daoist tradition began before Chinese recorded history. Daoism was primarily a nature-worshipping religion, until about 600 B.C. when Laozi (Lao Tzu) reformed and elaborated upon the fundamental concepts, and Daoism took a radical turn from being a religion to being a philosophy, as well. Laozi lived around the time of the other well-known and oft-quoted Chinese philosopher, Confucius (Gongfuzi or Kung Fu T'ze), and some Daoists even claim that Laozi was the inspiration for Confucius' teachings.

"Laozi" means "Old master". It is believed that in his early years, Laozi worked as a librarian or historian for the government. As he got older, he became a hermit, reportedly living alone and philosophizing...It is also possible that he taught wandering travelers "the Way". The last time Laozi was seen, he was riding a water buffalo into Mongolia (Far north China), a place where many Daoists in the future would retreat to. At the gate, Laozi was stopped by the gatekeeper and asked if he would write down his philosophies for the sake of mankind;. What resulted was the Dao De Jing (Tao teh C'hing), which is generally considered the definitive Daoist text, and is taken as

scripture by the Daoists. So what is the Dao, anyway?

## The Dao

"At first, there was nothing but the Mysterious One. From the Mysterious One came the Two From the Two came the Three And from the Three came the hundred thousands..."  
Dao de Jing v.42 opening

The mysterious One being the Dao. The Dao is everything and nothing. It spawned us all, and lives in us all, yet most people are separate from it in thought due to human nature and desires. It is the universe itself. If you understand the concept of Zen, you understand Dao...because Dao is Zen. The Chan School of Buddhism in China was heavily influenced by the Daoists...Chan migrated to Japan and was renamed Zen (probably because there is no Japanese character for Chan and Zen was the closest one...). Zen Buddhists are basically Daoists who believe in Siddhartha Gautama, the Buddha- and they also follow the Buddhist sutras.

The Two being Yin and Yang....and the three being Heaven, Earth, and Man (Or in Qigong- Qi, Jing and Shen). Now, the Dao is both Yin and Yang....Yin and Yang are however NOT good and evil. Yin and yang are always opposites....the reason they are not good and evil is because under circumstances, Good and Evil are neither Yin nor Yang. Here's an example, there are really 4 ways.....I'll explain..

person A attacks somebody to defend another person. This would be a Yang action because person A is acting in an aggressive manner, although his action would generally be considered good.

person A attacks somebody for person A's own benefit (I.E. Robbery...) This would STILL be considered Yang because person A is taking an aggressive action, however most would consider it evil...

You could do the same thing for Yin- passive actions that could be considered good and evil but are Yin no matter what. For brevity's sake I left that up to you guys, hoping I demonstrated my point... Positive is always positive. Negative is always negative. Light is always light, dark is always dark. Male is always male, female always female, etc. But good and evil cannot be considered Yin and Yang because they differ by circumstance.

Now, the Dao is that gray area. However, it isn't. Here's an example: You have a glob of gray clay, a perfectly round ball of gray clay- Dao. Now, if you rip off two pieces from the top and bottom- Yin and Yang- they are still clay, correct? But are they the same piece of clay as the original? No. The original is in them, but they aren't the original, as they are now separate from it. However, they are still made from the same substance as the original.

## The Taiji

See the graphic above? Many people recognize it nowadays, and although it is commonly referred to as a "Yin-Yang symbol", its proper name is the Taiji (Tai C'hi). Taiji translates to "Great Ultimate", and within this symbol lie many metaphysical truths. The Yang (white) is seen to be spiralling around the Yin (black), and vice versa, indefinitely. Looking at the picture, it could be said to be spiralling in either direction.

Within Yin, lies a single seed of Yang. Within Yang, lies a single seed of Yin. The demonstration shows the idea that while both are separate, they both contain the possibilities of the other.

Looking at the world around us, it is quite easy to see the concept of Taiji in play. The world around us, and the universe, shows great evidence of this duality- from the magnetic poles, down to meteorology's high and low pressure systems, to sexual reproduction, Yin and Yang and their constant shifting and change are expressed in nature to a great extent.

The Dao De Jing states, "Those who know don't talk. Those who talk don't know. (v. 56)". This does not mean that the Dao should not be spoke of; otherwise I'd be quite a hypocrite based only on this article! Rather, this passage emphasizes one important fact: no matter how much you SPEAK of the Dao, you still won't know it unless you have experienced it for yourself, by clearing your mind through meditation and centering yourself in it. The concepts I've laid out so far are what I believe to be the essence of Daoism; However, there are two other important aspects of the modern religion.

### Concept 1

The first concept is the current polytheistic Daoist pantheon. I'm not very familiar with this as I don't believe in "Gods". From what I know, the pantheon consists of many Daoist "Immortals", people who supposedly reached such a level of understanding on Earth that they didn't die, but rather ascended to Heaven and are absorbed in the Dao. Many Daoists pray to these "Gods". I personally feel that it is foolish to pray to them for power. Who gives them their supposed power? The Dao. Not only is it available to us lowly mortals through Qigong and meditation, but we can get in direct contact with the Dao ourselves. It's similar to knowing a friend and having his phone number, but instead calling a second friend and asking him to deliver a message to your first friend. Why not just take the direct route?

### On the Subject of Immortals

Specifically, Daoist immortals cultivated a spiritual state which leads to an energetic transformation of the soul; this reflects in a massive slowing of the aging process, allowing them to keep a body for a long time, in good health. Since death is merely a transformation of the spirit, many immortals realize when they are to leave the body for good and give up their spirit willingly (basically, they cross over when there is nothing



left for them to accomplish on Earth).

Since death is merely a transformation, and all spirits are timeless and immortal, could it be said that \*all\* of us are Daoist immortals? No. The immortals, upon death, are so unified with Dao that they instantly ascend to the state of highest union with Dao. They are reunited with the "Primordial Nothingness". This was the state of the universe before the earliest Heavens were formed. This is quite similar to the buddhist ideal of nirvana. 8 people are said to have attained this, the 8 Daoist Immortals. They are as follows:

Chung-li Ch'uan (zhungli quan) is said to have discovered the Elixir of life. His symbol is the peach, an emblem of longevity; Chang Kuo Lao. (zhang kuo lao) A recluse with mystic powers. He is said to have had a mule that could carry him a thousand miles in a day, which he could fold up like a piece of paper and put in his wallet; Lu Tung-pin. A Taoist scholar and recluse, who received the secret of immortality from Chung-li K'uan. During his probation he is described as having to undergo ten temptations, upon the overcoming of which he was given a sword possessing supernatural powers; Ts'ao Kuo-chiu. (xao kuo zhiu) A military commander who turned to hermitic life; T'ieh-Kuai Li. (dieh-kuai li) A beggar with a crutch. He is said to have been a disciple of Lao-Tzu, who summoned him to Heaven, instructing him to leave his body in the care of a pupil; Han Hsang-Tzu. (han zhangzu) Scholar, poet and student of transcendental lore. He is said to have been able to make flowers grow before the eyes of beholders; Lan Ts'ai-ho. (lan xaiho) Sometimes dressed as a male and sometimes as a female. A wandering minstrel, whose songs told about the unreality of this fleeting life and the delusiveness of earthly pleasures; Ho Hsien-Ku. (ho zhenku) Called the Immortal Maiden. In a vision she was instructed that if she ate mother-of-pearl she would gradually become immortal. She lived in the mountains and became more and more ethereal, floating from peak to peak.

## Concept 2

The second concept of Daoism I've yet to explain is Qigong (C'hi Kung). These varied and multiple exercises and meditations have been around potentially longer than even the Daoist philosophy itself, and they focus on gaining control over the bodies' bioelectrical energy and harvesting it for use in martial arts, faith healing, and health-promoting applications. The Daoist variant of these techniques focuses on uniting body, mind, and spirit in order for the trainee to be connected with the Dao at all times.

## Further Reading

The primary Daoist texts are generally accepted as being Laozi's Dao De Jing (Tao Teh Ching), Zhuangzi's Zhuangzi (Chuang-tzu), and the more esoteric Lieh-tzu, by the author of the same name. These three texts compose the core of the Daoist philosophical work, and are a must read for any aspiring Daoist. However, there are many other more specific works generally accepted as being part of the Daoist canon; Sun-tzu's Art of War, the Mencius, the Hua Qing Ni, the Secret of the Golden Flower,

the Yellow Emperor's Treatise on Internal Medicine, and many more make for a bulk of literary content to keep you occupied in your study.

In conclusion, Daoism is a very intriguing philosophy with a rich history and sometimes confusing amount of variance, as you will almost never find two Daoists who do the exact same Qigong or believe the exact same philosophy. However, the one underlying and outstanding principle that has been outlined in the Dao De Jing and other texts is just about universally practiced and believed by Daoists, that principle which seemingly makes all other difference in practices inferior, is Dao. I hope this article served as a good introduction for those who have read. Here are some links:

[Siji-tzu.com](http://Siji-tzu.com)

Ren Dao

« Last Edit: June 05, 2013, 01:35:16 PM by Koujiryuu »

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<http://www.thedivinescience.org>

October 10, 2006, 03:08:26 PM Reply #1

NathanE

Posts By Osmosis

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BEEFCAKE BEEFCAKE

554

Karma:

17

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Re: Daoist Philosophy Primer(By Koujiryuu)

Missing picture

Link or picture may be broken suggest fixing.

Logged

Chance is a word void of sense; nothing can exist without a cause. ~Voltaire

Engineers like to solve problems. If there are no problems handily available, they will create their own problems. ~Scott Adams

“Mechanical Engineers build weapons, Civil Engineers build targets”

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Author Topic: Care of the Physical Body   (Read 15460 times)

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Care of the Physical Body

On Care of The Physical Body

It should not be necessary for one to write on such a subject as the care for one of the closest companions a person can have in life, but in our current 'civilized society' many people have inevitably turned away from nature and proper care of their bodies. This must at all costs be remedied, the luxuries of our society are of no good if we are so unwell as to be unable to enjoy them properly. Such should be of even more importance to people concerned with practical metaphysics, for although primarily such studies delve into mind and soul, the body is the container of these (though they surely can escape!) and ought to be kept looked after, it is not hypocritical to delve to purify the murky waters while keeping the container without cracks, otherwise you may find yourself with no water left to purify. The physical temple is the springboard to the higher realms, and it has a distinctly evident relationship to the mind, which the meta-physicist aims to control.

Exercise through Asanas

Thusly, we shall move on to look at something that our society has not forgotten, the muscles. Certainly some strength is wanted, however unlike a lot of society our concern is not with size but with flexibility. An occultist's body must be flexible and relaxed, otherwise the mind shall be more difficult to calm, blood flow is potentially restricted and our health shall not be at optimum level. The below outline is based on certain yogic asanas and its specific set together as is I first saw given by Swamji Sivananda, I have found it to be the best group of asanas practiced at any one time I have found for someone on an occultists path.

The first exercise useful for a warm up to the asana set is surya namaskar otherwise known as Sun Salutation, this exercise can be done fast paced or at a slower pace depending on your own tastes.

- i. Stand with feet together and hands in the prayer position in front of your chest. Exhale.
- ii. Inhaling, stretch your arms up, palms still together and arch back from the waist, pushing the hips out, legs straight.
- iii. Exhaling, bend forward, and press your palms down, fingertips in line with toes - bend your knees if necessary.
- iv. Inhaling, bring the right leg back and place the knee on the floor. Arch back and look up, lifting your chin.

- v. Retaining the breath, bring the other leg back and support your weight on hands and toes.(as in after the pushing up of a push up)
- vi. Exhaling, lower your knees, then your chest and then your forehead, keeping your hips up.
- vii. Inhaling, lower your hips and bend back. Keep legs together and shoulders down. Look up and back.
- viii. Exhaling, raise your hips and pivot into an inverted "V" shape (downward facing dog) Try to push your heels and head down and keep your shoulders back.
- ix. Inhaling, step forward and place the right foot between your hands. Rest the other knee on the floor and look up, as in position 4.
- x. Exhaling, bring the other leg forward and bend down from the waist, keeping your palms as in position 3.
- xi. Inhaling, stretch your arms forward, then up and back over your head and bend back slowly from the waist, as in position 1.
- xii. Exhaling, gently come back to an upright position and bring your arms down by your sides.

Those 12 steps constitute half a round, repeat again but take back the left leg first on the second half. When completed that then makes a round, do at least 4 rounds before starting the asana set. Now the body is nicely warmed up and proper asana practice can begin to be undertaken.

The asanas we are concerned with here are sarvangasana, matsyasana, paschimothanasana, bhujangasana, salahbhasana, dhanurasana, ardha matsyendrasana, Mayurasana, pada hasthasana and trikonasana. These 10 asanas overall offer a good workout to the whole system and can be learnt fine I believe online without much harm possible except through extreme carelessness, in which case one should not be on this path anyway! Let us get onto the description of their performance then. These descriptions I take directly from Sivananda's 'Kundalini Yoga' and 'Practical Lessons in Yoga' because I myself cannot word how to perform them as well as he eloquently has in his text, which is freely available online as a PDF for anyone interested anymore in the subject.

#### Sarvangasana

Lie on the back quite flat. Slowly raise the legs. Lift the trunk, hips, and legs quite vertically. Support the back with the two hands, one on either side. Rest the elbows on the ground. Press the chin against the chest (Jalandhara Bandha). Allow the back-shoulder portion and neck to touch the ground closely. Do not allow the body to shake or move to and fro. Keep the legs straight. When the Asana is over, bring the legs down very, very slowly with elegance and not with any jerks. In this Asana the whole weight of the body is thrown on the shoulders. You really stand on the shoulders with the help and support of the elbows.

Concentrate on the Thyroid gland which lies on the front lower part of the neck. Retain the breath as long as you can do with comfort, and slowly exhale through the nose.

#### Matsyasana

Spread a blanket and sit on Padmasana by keeping the right foot over the left thigh and the left over right thigh. Stretch the head back, so that the top of your head rests on the ground firmly on one side and the buttocks only on the other, thus making a bridge or an arch of the trunk. Place the hands on the thighs or catch the toes with the hands.

### Bhujangasana

Spread a blanket on the ground. Lay on it face down and the muscles of the body completely relaxed. Place the palms on the ground just below the shoulders, bending them in the elbows. Touch the ground with the forehead and raise the head and the upper part of the body slowly just as a cobra raises its hood. Bend the spine backwards. Let the lower part of the body from the navel downwards right up to the toes touch the ground. Breathe normally through the nose. Retain the breath till the head is raised and the spine bent nicely. Then again exhale. Then retain the breath while bringing the head down and as soon as the head touches the ground, slowly inhale again. Repeat this process of raising the head and bringing it down half a dozen times or more.

### Salahbhasana

Lie on the blanket face down and the arms touching the ground. Let the palms face upwards with the fingers clenched. Inhale slightly. Then stiffen the whole body and raise the legs the hips and the lower abdomen up, putting the whole weight of the body on the chest and the hands. Raise the head also slightly. Remain in this pose for 10 seconds in the beginning and prolong the time little by little as long as you can retain the breath. Bring the legs down slowly, relax the muscles of the whole body and exhale. Repeat this pose four or five times taking care to see that the lungs are not unduly strained.

### Dhanurasana

As you did in the previous two poses, lie on the blanket face down. Relax all the muscles of the body. Bend the legs slowly at the knee-joint until the hands catch hold of the ankles. Raise the

head, chest and knees. Keep the arms and the forearms stiff and straight. Try to keep the knees close together. Now the whole body rests on the abdomen. A good convex arch is formed resembling a bow with a string. You can either breathe as usual or retain the breath according to your convenience. Remain in this pose as long as you can comfortably do so. Do this Asana four to six times. When you have done this, lower the knees and the chest first. Then bring the hands and legs down and stretch flat on the ground.

### Paschimothanasana

Sit on the ground and stretch the legs stiff like a stick. Catch the toes with the thumb and index and middle fingers. While catching, you have to bend the trunk forwards. Fatty persons will find it rather difficult to bend. Exhale. Slowly bend without jerks till your forehead touches your knees. You can keep the face even between the knees. When you bend down, draw the belly back. This facilitates the bending forward. Bend slowly by gradual degrees. Take your own time. There is no hurry. When you bend down, bend the head between the hands. Retain it on a level with them. Young persons with elastic spine can touch the knees with the forehead even in their very first attempt. In the case of grown-up persons with rigid spinal column, it will take a fortnight or a month for complete success in the posture. Retain the breath till you take the forehead back, to its original position, till you sit straight again. Then breathe.

### Mayurasana

Kneel on the ground. Sit on the toes. Raise the heels up. Join the two forearms together. Place the palms of the two hands on the ground. The two little fingers must be in close touch. They project towards the feet. Now you have got steady and firm forearms for supporting the whole body in the ensuing elevation of the trunk and legs. Now bring down the abdomen slowly against the conjoined elbows. Support your body upon your elbows that are pressed now against the navel or umbilicus. This is the first stage. Stretch your legs and raise the feet stiff and straight on

a level with  
the head. This is second stage.

### Ardha Matsyendrasana

Place the left heel near the anus and below the scrotum. It can touch the perineal space. Do not allow the heel to move from this space. Bend the knee and place the right ankle at the root of the left thigh and rest the right foot well on the ground close to the left hip-joint. Place the left axilla or arm-pit over the top of the vertically bent right knee. Push the knee now a little to the back so that it touches the back part of the axilla. Catch hold of the left foot with left palm. Then applying pressure at the left shoulder-joint slowly twist the spine and turn to the extreme right. Turn the face also to the right as much as you can do. Bring it in a line with the right shoulder. Swing round the right arm towards the back. Catch hold of the left thigh with the right hand. Retain the pose from 5 to 15 seconds. Keep the vertebral column erect. Do not bend. Similarly you can twist the spine to the left side.

Padma Hasthasana – This is the same as paschimothanasana except it is performed while standing up and bending forward, rather than sitting down.

### Trikonasana

Stand up straight, and place your feet slightly more than shoulder width apart. Stretch your right arm up, then bend to your left, sliding your left hand down your thigh. To eventually grasp your ankle. Do not twist your body. Repeat the pose on the other side. Your body forms a straight line, parallel to the floor. from your waist to your fingertips.

So I have now given the performance of the asanas, I admit such from the textual level may look overly complicated, but on the contrary, when in practice they are quite simple. Such asanas should be done in the order given if they are to be done. To make sure asana is not just idle physical exercise, mind must also be involved. When breath is controlled and mind is focused, then it becomes proper asana, otherwise it is just physical exercise. To do this a mantra should be taken, Om is the simplest and most ideal from my point of view, but you may use anything you want. The breath should be rhythmical and calm, not rushed. So during asana one shall inhale for say four om's, hold for four om's and exhale for four om's (or one may skip retention of breath) each om equating to about a second. Thus one shall keep the mind focused and the breath controlled. In asana the body must always be kept still, it must not be allowed the luxury



of moving. One can then know how long they are holding the asana for as well through such breathing. For our purposes, we have no real need to go beyond 5 minutes for every asana. At the beginning you can do just one minute for each, that is about 8 breaths without retention (using the above counting of mantra). If one is retaining the breath for asana which can improve efficiency but which I personally do not recommend for the average person reading this article, at least not at first, they can keep repeating om until they can no longer hold their breath WITH EASE...this does not mean you hold your breath until you gasp for air, if you do this there must always be slow inhale and exhale.

After such asana performance one can move on to performing Shavanasana which I have described in another article elsewhere, and will go into more detail on later in this article.

## Breathing

Now then we can move on to control of the more subtle muscles, the diaphragm and intercostals. This part shall not concern with the pranayama practices, I may deal with them in another article, I am not sure, but now is not the place. This shall be simple. Breathing should be slow, steady, deep and rhythmical. That is the essence. One should sit with back quite straight, body in a specific asana, then take one's mind to breath. First observe the breath as it is, one must be able to observe the breath without affecting its flow. After some moments of observation move on to deliberate control. First gently expand the lower abdomen forward, then the upper abdomen, the lower chest and finally the upper chest should expand up and out. This is a full breath. The breath should not be drawn in forcefully through the nostrils, it should flow naturally as a result of the movement on the muscles and their subsequent creation of a change in volume/air pressure. This is all to be done in a relaxed, wave like fashion, connected, not disconnected. Then exhale in the opposite fashion, starting again from the lower abdomen. This may take some practice at first, but it will come. Once the fashion of breathing is established one can move onto the rhythm. Pick some point to reach to and use that. First use just inhale and exhale, one may inhale for 4 counts and exhale for 4 counts, or one may inhale for 4 counts and exhale for 8 counts. Afterwards one may add some retention of breath between inhale and exhale, and another retention after exhale before the subsequent inhale. All up to your own discretion. This is not pranayama, it needn't be excessive, do not increase the count to a high point, this is just minor. This results in calming the mind, all the lung is used so the body is more charged with oxygen and prana, and removal of wastes is more effective. Do like this for a few minutes each day, say 10. You will notice some good results on your health if such is not already normal to you, of this I am sure, if it is persisted with. This breathing can be elaborated on for more than mere technical effects, but this is beyond the scope of this article, you can look them up yourself. This is fine for general good health and a calm mind.

## Eating

I will not go into dietary disciplines here. There are plenty others who go into that around, and I trust people are intelligent enough (against my often pessimistic view of society, I admit!) to know what is best for them to eat, and that eating 5 eggs and 7 steaks a week is not overly healthy. You can choose your diet as you believe it is suitable. What is of more importance than what you eat, is how you eat. Many will go on and on about what you should eat, but that is relatively pointless and wasted time, since many people are not even eating properly to get the full nutritional effects of such.

A person should eat slowly, with a focused attention on what they are eating. Before eating one may, if they have such an impetuous offer some thanks. Consider how the food has been produced and brought to their table, the labour of others in its procurement etc. Then one may impregnate it with a certain desire using the Will and Imagination, but here we are concerned primarily with physical care.

The food consumed should be chewed slowly with attention on it, and its taste. One should not swallow until the food has been properly masticated. As a rule, one may assume, so long as food still has some taste it can be chewed for longer. When properly masticated almost any food will become some liquid, normally white, which as it were will dribble down the throat easily. Only then can one be sure the potential nutritional value will fully be taken advantage of. The taking of food ought to be sacred where possible, and always done slowly with attention. If you are in a position where you cannot eat slowly, then you do better to give your digestive tract some time to rest, gulping down food in a hurry means the rest of your digestive system will have to work harder, and full nutritional benefits will not be taken advantage of, so it should in all cases be avoided where possible.

The focus of mind is threefold. Firstly it allows one to acknowledge when the food is properly masticated, otherwise one will gulp down without thinking due to habit. Secondly it has to do with magicians and mystics thoughts on prana, and when mind is directed to food, more prana will be assimilated from it and so the astral body will also be more nourished from the subtler parts of the food. Thirdly it is a good chance to practice concentration in everyday situations, so meditation later will come quicker. For our general purposes, the first is the only reason it is stated here, the other two are mere beneficial side effects.

## Drinking

Drinking follows practically the same method above as for eating. The drink should also not be gulped down, but should have mind focused on it, and swirled around by the tongue for a second or two before being swallowed. Upon rising in the morning, and directly before going to bed, a glass of water should be taken. Throughout the day, one does well to have water by them at all times, and to occasionally sip, but not gulp altogether, from the bottle or cup. The simplest test is to check your urine, if it is yellow, then you need to take more water. Where possible, try and keep from soda, and keep to as pure water as possible, or otherwise fruit juice, containing pulp preferably. All liquids, particularly colder (but not ice cold!) water can be impregnated in a similar method to

the food. A specific mini-ritualistic method involves taking the glass of the liquid in the left hand, held by the bottom if possible, while taking the right hand over the top and sprinkling the fingers over it, using Imagination to see droplets of prana emit themselves into the water, along with the Will for a particular effect. The symbolism in this is actually quite potent when understood. The cup is the general symbol for the female, while the fingers are phallic and symbols of the male. The liquid inside composes the 'tears of the white gluten' while the prana emitted from the fingers is 'the blood of the red lion' These then combine through such actions. The right hand is electrical and thus used for the emission of prana, while the left hand is magnetic and ensures the equal distribution of the charging throughout. Thus the idea is impregnated in the womb through the seed, and it's subsequent birth into reality takes place when it takes birth, in other words, when it leaves the glass and enters your mouth.

### General Cleaning

I shall take it for granted that you all brush your teeth, shower etc. Now then we shall focus on the showering aspect. Of our concern and primary importance for the general public is scrubbing of the body with a firm bristle brush, perhaps along with a rubbing of the body with particular oils, most favourably among many is almond oil. The body should be scrubbed all over with the brush until it begins to turn faintly red. This helps remove old dead skin cells. Normally this would have naturally happened to man, but civilized life has changed this, we are normally beyond the harsher environment which would have naturally exfoliated us. So then we must artificially imitate this state of nature using the natural bristle brush. After the skin is scrubbed we can take to a cold shower, the shower needn't be excessively cold, we may gently decrease the temperature if necessary. During the shower, you should take to massaging the body quite firmly, you might also chant a mantra (om) while doing this, combined with the above breathing method. Of particular importance is under the armpits and the throat should also gently be massaged. Make a point to get the feet well in the spray, but try and keep the thighs out of direct spray. The face also should be focused on under cold spray. This tightens the pores and improves blood circulation, the skin is through such well taken care of. This is also very refreshing for someone who is involved in certain rituals, meditations etc and who arises early to fit them in, there are other more 'occult' reasons for this, but they are not our concern.

Another important thing people should occasionally do is cleansing of their gut. This can be achieved through fasting, excessive drinking of water and such, but all of these can be considered when taken to extreme's rather unnatural so we shall go with something that while perhaps not natural, is better than these in my opinion, if perhaps rather 'gross' to average senses. This involves simply taking water into the anus, holding it in for a small amount of time and then eliminating it. This cleanses the large intestine well and particularly the rectum which is of our concern. This is basically a self-enema. Use a syringe or such to insert the water, or if one is able, one may take it up through their own bowel movements after inserting some pipe/straw. Shortly (though not straight) after, defecate. This shouldn't be taken to excess, but is beneficial if occasionally done. This removes any build-up of shit, occultists are often claimed to be full of shit, let us

remedy this then. This can act as a blockage to proper release of it later, and can basically sit 'fermenting' in the intestine, in effect, poisoning the body slowly. Many people go around in a semi-constipated state. As a rule you can check any success in that you will eliminate very easily without any effort needed when desired and when wiping the toilet paper will be almost bare. This may not altogether be the nicest area to have gone into, but it is part of your system and of utmost importance to its maintenance. I hope some will at least try to keep it clean, it is not difficult to get a syringe.

## Tratak

Nowadays, our eyes are often in a constant state of tension and it is of importance that we devote some time occasionally to allow them to relax, Tratak allows us to do just this. The technique is itself relatively simple, take some point and steady the gaze on it, keep the mind on it, in affect it is meditation. The eyelids must not blink, the eyes should not move. The item will morph and change but you must keep the eyes still if it is to work. So far as you can easily, do not blink, but do not strain to not blink either. If the mind is focused well the want of blinking shall not be present so strongly. Allow the eyes to tear, then close them and relax for a few minutes. Afterwards you may rinse them with cold water. This has many good effects on the eyes and purportedly people have 'thrown off their spectacles through this exercise'...I myself have not made much use of this, but when I do its relaxation to my eyes is evident. I however do wear glasses, but my vision has improved through such and my glasses have been slightly lowered. I trust you can see any benefits it may have for yourselves.

Along with the above things there are a few more general things that may be taken advantage of and one is sun bathing. While this shouldn't be taken to excess, it is beneficial for one to get direct sunlight on as much of the body as possible, in occult theories the best time for this would normally be in the early hours of the morning when it is still cooler. I myself live in an almost always clear skied area, and have my own private pool etc so this is easy for me. For those who live where it is rather the opposite this may not be so, but when you can it can be taken advantage of to good results. Another thing is fresh air, some people spend a lot of time indoors, in the morning if possible, open all your windows and let the sunlight and fresh air in for the day, also try and spend plenty of time outside, this does not mean walking between classes or going out for a cigarette, it means spending time outside just for the sake of being outside, not in some hurried manner where you are expected back somewhere soon. Though any is better than none.

## Relaxation

Our society is very stressful and so we need an effective way to cope with this, physical relaxation is of utmost importance to people to participate in. It is very simple. Lie down on the back, at first it is better on a harder surface. Have the feet fall outwards and the hands palm up to the sides at about 45 degree angle to the body. Tense the various areas of the body starting with the feet, hold it, then suddenly relax them. Go through all

the areas of the body like this. Then take to mental focus alone. Take all your concentration to the feet and tell them to relax mentally, develop a heavy feeling in them and feel them sinking into the floor. Do this for about 30 seconds in one area, then move on to the next area, say shins. One should do this through all the body. 30 seconds is ideal, it is long enough to allow proper sinking and focus, but not too long as to allow the mind to easily wander. Keep going through the whole body like this multiple times, at some point the mind will begin to stop thinking almost altogether, or will drift off into other concerns and forget what it is doing. If you do it well with some small practice you may enter yoga nidra. You will be constantly on the brink of consciousness and may not come to until a few hours, so make sure to do this properly when there is some good time. An excellent time for this is while in bed before sleeping, do it on back, then move to left side and do it, then right side and do it etc.

Now I conclude my article. It will be noted that practically none of the material is entirely my own and in fact has merely been a drawing from my brain, and pretty much a culmination of certain yogic techniques for the most part in maintaining bodily health. I have no doubt you can find all of it elsewhere. But nonetheless I present it here, I have tried to keep its focus on practical work, rather than theoretical jabbering. Its importance is in being put to use. If all this is done I am quite sure that good health will be had among the general population.

Namaste

Logged

April 25, 2007, 12:17:09 PMReply #1

Veos

Teacher Emeritus

Veritas Furniture

Offline

\*\*\*\*\*

473

Karma:

43

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Re: Care of the Physical Body

Good article. People, especially magicians, tend to forget about the proper care of the physical body once they become absorbed in the study of the spiritual and mental bodies.

Logged

Soham Sivoham Aham Brahma Asmi Mahavakya

Suddha satchitananda purna parabrahma

Chidananda Rupa Sivoham Sivoham

June 25, 2007, 09:22:06 AMReply #2

holycletic

A Familiar Feature

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114

Karma:

0

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Re: Care of the Physical Body

Great article Kiwi, I like it a lot! I believe you made a small typo and wrote "Salahbhasana" instead of "Salabhasana".

I found pictures of most of the asanas online so I'll post the links here in case anybody wants to see how the poses look like.

Sarvangasana - [http://www.yogajournal.com/poses/480\\_1.cfm](http://www.yogajournal.com/poses/480_1.cfm)

Matsyasana - [http://www.yogajournal.com/poses/786\\_1.cfm](http://www.yogajournal.com/poses/786_1.cfm)

Bhujangasana - [http://www.yogajournal.com/poses/471\\_1.cfm](http://www.yogajournal.com/poses/471_1.cfm) and  
[http://www.yogajournal.com/newtoyoga/148\\_1.cfm](http://www.yogajournal.com/newtoyoga/148_1.cfm)

Dhanurasana - [http://www.yogajournal.com/poses/875\\_1.cfm](http://www.yogajournal.com/poses/875_1.cfm)

Paschimothanasana - [http://www.yogajournal.com/poses/477\\_1.cfm](http://www.yogajournal.com/poses/477_1.cfm)

Mayurasana - <http://www.onlinebangalore.com/heal/asanas/mayura.html>

Ardha Matsyendrasana - [http://www.yogajournal.com/poses/485\\_1.cfm](http://www.yogajournal.com/poses/485_1.cfm)

Padma Hasthasana - [http://www.yogajournal.com/poses/478\\_1.cfm](http://www.yogajournal.com/poses/478_1.cfm) (not sure about this one)

Trikonasana - [http://www.yogajournal.com/poses/494\\_1.cfm](http://www.yogajournal.com/poses/494_1.cfm)

I'm kinda lost with Salabhasana. I don't quite understand how to perform it. If somebody could give additional explanations or link some pictures I'd be very grateful.

Logged

All mankind is of one author, and is one volume. As therefore the bell that rings to a sermon, calls not upon the preacher only, but upon the congregation to come. Any man's death diminishes me, because I am involved in mankind; therefore never send to know for whom the bell tolls; it tolls for thee

June 26, 2007, 02:06:35 PMReply #3

Kichara

Posts By Osmosis

Offline

\*\*\*\*\*

982

Karma:

16

Personal Text

Row, Row, Row Your Boat

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Re: Care of the Physical Body  
Salabhasana:

Salabha means a locust. The pose resembles that of a locust resting on the ground, hence the name.

#### Technique

1. Lie full length on the floor on the stomach, face downwards. stretch the arms back.
2. Exhale, lift the head, chest, and legs off the floor simultaneously as high as possible. The hands should not be placed and the ribs should not rest on the floor. Only the abdominal front portion of the body rests on the floor and bears the weight of the body.
3. Contract the buttocks and stretch the thigh muscles. Keep both legs fully extended and straight, touching at the thighs, knees, and ankles.
4. Do not bear the weight of the body on the hands but stretch them back to exercise the upper portion of the back muscles.
5. Stay in the position as long as you can with normal breathing.
6. In the Beginning it is difficult to lift the chest and the legs off the floor, but this becomes easier as the abdominal muscles grow stronger.

#### Effects

The pose aids Digestion and relieves gastric troubles and flatulence. Since the spine is stretched back it becomes elastic and the pose relieves pain in the sacral and lumbar regions. In my experience, persons suffering from slipped discs have benefited by regular practice of this asana without recourse to enforced rest or surgical treatment. The bladder and the prostate gland also benefit from the exercise and remain healthy.

That is from B.K.S. Iyengar's book Light on Yoga.

Hope this helps anyone who needed more details, and I would suggest buying the book Light on Yoga if you are looking for a good book on the yoga stretches, it has pictures showing each part of each exercise and explains the different bodily effects each pose creates.

Namaste

EDIT: I found this picture the most similar to the one in the book

<http://speakingoffaith.publicradio.org/programs/bodysgrace/images/salabhasana.jpg>

« Last Edit: June 26, 2007, 02:45:22 PM by Kichara »

Logged

Hey, whats up?

Please vote in my poll:  
<http://forums.vrsociety.net/index.php?topic=12212.0>  
June 27, 2007, 03:25:21 AMReply #4  
holycleric  
A Familiar Feature

Offline  
\*\*\*  
Regular Member  
114  
Karma:  
0  
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Re: Care of the Physical Body  
Kiwi's description of the pose looked more like this :  
[http://www.bikramyogaportsmouth.com/postureimages/locust\\_doubleleg.jpg](http://www.bikramyogaportsmouth.com/postureimages/locust_doubleleg.jpg) , just with palms facing upwards and fingers clenched.  
Logged  
All mankind is of one author, and is one volume. As therefore the bell that rings to a sermon, calls not upon the preacher only, but upon the congregation to come. Any man's death diminishes me, because I am involved in mankind; therefore never send to know for whom the bell tolls; it tolls for thee  
June 27, 2007, 05:19:27 AMReply #5  
Rawiri  
Veritas Teacher  
Posts By Osmosis

Offline  
\*\*\*\*\*  
Wandering Nomad  
926  
Karma:  
41  
Personal Text  
Veritas Teacher  
View Profile

Re: Care of the Physical Body  
There are some variations on that particular asana. The one holycleric is closer to the one I do...only the lower back is arched, the chin rests outstretched on the ground.  
Logged  
June 20, 2008, 07:46:51 PMReply #6  
YHSHV  
Settling In



Offline

\*

31

Karma:

0

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Re: Care of the Physical Body

Thank you for this article!

Quote

occultists are often claimed to be full of shit, let us remedy this then.

That could always use a restatement! :D

Logged

August 01, 2008, 03:59:58 PMReply #7

TheAleph

A Familiar Feature

Offline

\*\*\*

116

Karma:

0

Personal Text

x

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Re: Care of the Physical Body

Quote

This cleanses the large intestine well and particularly the rectum which is of our concern. This is basically a self-enema. Use a syringe or such to insert the water, or if one is able, one may take it up through their own bowel movements after inserting some pipe/straw

Or you could use a bidet to clean yourself: <http://en.wikipedia.org/wiki/Bidet>, it's very common in a lot of places.

Logged

"Today, a young man on acid, realized that all matter is merely energy condensed to a slow vibration. That we are all one consciousness experiencing itself subjectively, there is no such thing as death, and we are the imagination of ourselves... now here's Tom with the weather." - Bill Hicks

April 24, 2010, 12:13:57 PMReply #8

Willi

Veritas Furniture

Offline

\*\*\*\*

326

Karma:

7

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Re: Care of the Physical Body

Okay, I've had a few problems with some of the poses. Should the average person be able to perform all of these poses on their first try, or is there some sort of progression before the routine can actually be put into practice?

The problems I had were with the following asanas:

- Salabhasana
- Paschimothanasana
- Mayurasana
- Ardha Matsyendrasana (This one I actually think I can do, it's just that I didn't understand it quite well)
- Padma Hasthasana

Should I proceed with it without those poses or should I practice them in a physical way (without all the concentration and stuff, because when I'm trying it, if I divert my focus with something I completely lose myself), doing the basic stretch, until I can actually do it fully?

Logged

April 30, 2010, 01:03:49 AM Reply #9

Rawiri

Veritas Teacher

[Posts By Osmosis](#)

Offline

\*\*\*\*\*

Wandering Nomad

926

Karma:

41

Personal Text

Veritas Teacher

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Re: Care of the Physical Body

You do not need to do all of them...heck you don't need to do any of them! But it is best if you utilize ones that focus on the spinal cord, and that you have a well rounding of inversions, backward bends, forward bends and twists.

You may not be able to do the asanas quite to their ideal yet. (in fact, the above descriptions actually do NOT go into all the details that could be gone into on an asana. For example, in the sarvangasana area it says the chin should be pressed against the chest - in actual practice, it is more pressing the chest against the chin!) Do not let that be any discouragement though. You can do the asana to the best of your current ability...if that means grabbing just past your knees or even less for paschimothasana then that is absolutely fine. Just make sure that you do it to the point of stretching - but absolutely NOT to the point of pain. Eventually, if you keep stretching in this manner you will be able to do all the asanas properly. :)

Logged

April 30, 2010, 02:21:25 AMReply #10

Willi

Veritas Furniture

Offline

\*\*\*\*

326

Karma:

7

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Re: Care of the Physical Body

Thank you Rawiri. I actually have been doing a stretch session I created myself, gathering stretches from different practices I've done. It's helping me a lot, since now I can do some asanas better. For example, I can now do the Paschimothanasana. :D Now really, I doubt anyone here can do the Mayurasana. God may have difficulty doing this one.

Logged

February 21, 2012, 04:41:17 AMReply #11

TurtleVoice

New Member

Offline

\*

4

Karma:

0

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Re: Care of the Physical Body

Thanks for some great insights. I'm just discovering yoga, and the mind/body connection, and this was really helpful.

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Pages: [1]

Author Topic: [Huna: A background and overview. \(-\)Star\(-\)](#) (Read 6916 times)

0 Members and 1 Guest are viewing this topic.

October 01, 2006, 09:41:25 PMRead 6916 times

Forg  
Posts By Osmosis

Offline

\*\*\*\*\*

The V' Smithy

829

Karma:

20

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Huna: A background and overview. (-)Star{-)  
Huna

Huna itself means "secrets" in the Hawaiian language. Huna is not a religion but a system of beliefs. The most significant thing that stands out to me with Huna is that these are beliefs passed down for several thousands of years without being written down and they knew things that modern psychology, still in its relative infancy, has just recently discovered and classified. It works for anyone regardless of their religious beliefs to demonstrate that we are all powerful in our own right and we can harness that power. Since this is my own interpretation of all that I have learned in the last several years

I will be taking out the hawaiian language in most cases for less confusion and to make it easier to relate to, translating it into terms for instructional purposes. I do urge you to do some research and homework on your own to complete a better understanding. My intention is to make a cliff notes version of what I know and to cut out the lengthy stories and go straight to the more important concepts.

I learned about Huna from several different sources, most notably Max Freedom Long and his many books on the subject. Not everyone that reads about Huna will be interested in where it came from. Tracing it back to its starting points is one of the things that fascinates me the most. Max Freedom Long (MFL) started learning about this secret in Hawaii when he traveled there as a teacher in 1917 and was hearing rumors and stories from the local people. The stories are incredible and include healing broken bones, fire walking and the death prayer but when he asks for someone to talk to about the stories, no one is willing to say a word. The code of silence is so strong to hide and protect the kahunas that even after meeting Dr. William Brigham to compare notes and stories of the kahunas and working several years to figure out how this huna works, they make almost no progress. MFL goes back to the main land in 1931, 14 years after starting on his quest. Over night MFL gets an idea in 1935 that the kahunas had to have names and words for their magic to pass from generation to generation.

He took out his Hawaiian/English dictionary and remembering that the Hawaiian people had believed in having 3 souls insted of the customary one that most of use believe in, he looked up the words. Let me first explain that the Hawaiian language is

made up of short root words to make longer more descript words. Each root adds to the meaning and the words can be translated by separating them into the smaller roots to find their original meanings. By takeing the words for the 2 souls and translating them down to their roots he found the functions and properties for what we in modern psychology classify as the conscious and subconscious selves. Later on, 6 years down the road he also cracked the code for the Super conscious or high self. The only serious block MFL had was that the kahunas kept their secrets well hidden by the use of symbols and that took him a great deal of time and effort to crack. After MFL came back to the mainland, he had to share his findings with the world and published a report of all his findings.

By chance a retired English journalist read it and wrote back to MFL about the incredible similarities between this Hawaiian magick and that of the Berber tribe in the Atlas Mountains of North Africa where he studied in his youth. The Hawaiian words were the same except for small dialect differences. There seems to be a startling connection between the Berbers and the Polynesians because the languages are not at all related. The two peoples had either been a part of the same stock or had contact somewhere in ancient times.

The tribal history of the Berber's told of 12 tribes of people each having kahunas. They had lived in the Saraha Desert when it was fertile and green land with flowing rivers. They moved into the Nile Valley after the rivers dried up. These people used their magic to help cut, carry and place the building blocks of the Great Pyramid. From there, the kahunas had forseen a time of darkness approaching. To preserve the secret of the magick, the 12 tribes decided to hunt for new fertile lands to occupy until the time was right to again emerge into the world. Eleven of the tribes set out, their kahunas using psychic means to locate a new land and moved along either the African coast or India and after a period of years with no word, the 12th tribe assumed they were lost.

The 12th tribe now set out to find new land instead going north to settle into the Atlas Mountains. Here they lived for centuries preserving the secret of the magic but as modern times approached the kahunas had all but died out. If anyone has studied the history of this period, the name of the great prophetess, Al Kahina might ring some bells as kahina in the hawiaan language would be the female priest.

This tribal history linked the Polynesians up with North Africans and possibly Egypt. The oral legend of the Hawaiian's people contain little information with the exception of the Polynesian people coming from a far away land. They set out to find the lush fertile lands their kahunas had clairvoyantly seen. They do tell of moving along the "Red Sea of Kane" which corresponds with the idea that they came from Egypt by way of the Red Sea. Tracing the Hawaiian origins thru customs and languages has been largely unsuccessful.

Of the eleven Polynesian tribes, all with different dialects, all have been traced to India, the Near East, Madagascar and even Japan. In India, a number of kahuna concepts have been found but greatly mutated over the many years and are of no practicle use today. Without the help of this retired English journalist, MFL would never

have made the important connection to crack the secret code thru symbols that he and Dr. Brigham had begun many years earlier. It is also interesting to note that there is little to no dependable literature about kahunas on the Hawaiian islands themselves. What little information that is available completely missed the basic mechanisms MFL reported. The studies of MFL and Dr. Brigham only recently became more open and available. They had been hidden away in the libraries and one had to ask for that specific information to get access. The secret today is still actively being kept secret as well as that of complete denial of the existence of kahuna magic. To go the next level, it is believed that there is an outer and an inner "ring" of initiates to huna started by passing off codes and ideas in the bible, especially the 4 gospels of all places.

A kahuna would be a "keeper" of the secret, now commonly referred to as an expert in any field in modern Hawaii like the movie "The Big Kahuna" is about the most expert of surfers. Huna uses a life force energy called "mana" for use in learning skills very parallel to psionics. What is most notable is the Huna teachings of the subconscious, conscious and superconscious. Central to Huna is the break down of a person into 3 distinct and separate selves that work closely together.

The Lower self: The unconscious/subconscious self that is home to the animalistic emotions and the shadow part of a person that works closely with the middle self. The Lower self is the mechanism that makes mana for use of all 3 selves.

The Middle Self: The part of us that is the conscious reasoning rational self. In the Huna View, the middle self has no memory, the memory is retrieved from the lower self which works so closely that its regarded as a brother. The middle self has imagination, and will and instructs the subconscious. The middle self is the only part of a person that is capable of doing harm to their self and others.

The High Self: This is the part of us that is the super conscious soul or God self because if communicated with properly, this self is what manifests all desired things into reality. The high self is the trusty all-wise guide that is capable of communicating to the god source or with other higher/god selves. The belief in huna is that the higherself is a female and male, referred to as the mother and father blended together to unite as one so compared to in the christian beliefs as the triune.

The goal in huna is that all 3 selves are taught to communicate with each other in harmony. Huna does a great deal of work on developing qualities of heart and character. The huna practitioner becomes more and more aware of the nurturing and loving aspects of the Earth and feels loved and supported by nature because we are a part of nature and we should treat nature as the sacred objects they are. To act

against nature would be symbolically acting against ourselves as similar to the hermetic magick teaching of as above so below.

Each of the 3 selves also has its own individual shadowy body. Those shadowy bodies of the lower and middle selves are closely surrounded and interblended with the physical body until the death process whereby the selves live in their shadowy bodies. The higherself lives at all times in its shadowy body and during life, there is physical contact made with the higherself and its shadowy body but at no times does the higherself or its shadowy body reside in the physical body. Psychology recognizes the equivalent of the 3 selves but not the shadowy bodies. However, Psychic science recognizes these bodies as etheric doubles.

Huna recognises 3 kinds of energy, one grade for each self, all of them referred to as mana. The grades are divided as such: the lower self uses mana as life force or seen as a similarity to mesmeric force. The middle self uses its grade, called mana. Mana, as "will" or hypnotic force. The higher self uses loa mana but charges it in some mysterious way for its usage such as healing, creating thoughtforms or patterns out of the shadowy substance to become materialized in the future. Each grade of mana is generated in the lower self and transferred to that self for usage.

Huna teaches a connectedness to all of life and the ability to direct energy to assist the Earth in return for that support.

Seven Huna Principles:

Awareness: The World is what you think it is.

Freedom: There are no Limits.

Concentration: Energy Flows where attention goes.

Persistence: Now is the moment of power.

Love: To love is to be happy with.

Confidence: All Power comes from within.

Wisdom: Effectiveness is the measure of truth.

In Huna practice, one of the very first goals is becoming the kind of person who's prayers are answered not just once but on a regular basis. In the process of Huna prayer you learn to, with careful focus, form the thought forms you want to manifest. After you have a clear picture in your mind of what you want, you build up a surcharge of mana or energy by doing a Ha Rite (energy building exercise) and send the thought forms, also called seeds along your aka cords to the lower self. The lower self then carries these on to the high self and Aumakua to produce a rain of blessings in answer to know that your prayer has been received and an answer will be forthcoming.

The Ha Rite is the very cornerstone of Huna. It is comprised of gathering energy in in the lower self, using the middle self



to project the desire and then connecting by an aka cord to the higherself and sending that energized thoughtform to the higherself. The thoughtforms build on each other like a chain or a cluster of grapes, connecting and sticking together to form a framework in the spirit and energy body in which to manifest into reality. The title of this particular rite comes from the hawaiian word "Ha" which has many layers of meanings.

It is also fortunate that these meanings have another secret, they tell us exactly what to do. "Ha" in the hawaiian dictionary means among many things breath and the number 4. Taken literally, we gather energy by breathing 4 times. You start by inhaling thru the nostrils sharply and quickly, filling the lungs. Then exhalation with the mouth slightly open in a slower haaaaaaaaaaaaaaaa method. This is to be done in 4 sets and a nice warm feeling can be felt in the abdomen. The word "ha" also means water. Water is the huna symbol for mana or energy. So what we have with the word Ha is that we produce energy (mana) by breathing hard 4 times.

As the subconscious mind is busy with the task of gathering energy, the conscious mind should have decided what it wants to achieve. The Conscious mind will project what it wants in pictures in the mind as a visualization. Once this is complete, we visualize an aka cord going from the abdomen to above the crown, connecting to the higherself. The energized thoughtform will be sent up this cord and if everything has gone correctly, the "rain of blessings" will be felt to be translated as a light dew or mist felt on the skin.

-}Star{-

Logged

Be your own light, your own refuge. Believe only that which you test for yourself. Do not accept authority merely because it comes from a great man, or is written in a sacred book, for truth is different for each man and woman." -- Buddha

September 08, 2007, 02:24:48 AM Reply #1

mythmanpc

A Veritas Regular

Offline

\*\*

99

Karma:

-1

Personal Text

The voices in my head are telling me I'm not crazy

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Re: Huna: A background and overview. (-}Star{-)

Brilliant work with this one. Interesting, and historical. Btw, is it normal to get it right the first time, while i was reading the article? If I am strange, wierd, or abnormal, thanx for the compliment.

Logged

In chaos, we are united. In organization, we are eclectic. In life, we are in death. Never forgive, never forget.

September 12, 2013, 06:34:25 AMReply #2

YMI

A Veritas Regular

Offline

\*\*

89

Karma:

3

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Re: Huna: A background and overview. (-)Star{-}  
mucho beuno! Easy to read and thought provoking.

Logged

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The Veritas Society »Academic Areas »Articles »Other Articles »Huna: A background and overview. (-)Star{-}

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About this capture

Magick articles

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This index consists of articles, lectures and essays concerning the field of occultism, both modern and traditional. An ancient practice which has proven itself has applicable to all times and eras, magic allows the student to overcome the apparent boundaries of the world, providing the illusion that something supernatural is occurring. In time the magician learns that there is nothing supernatural about his abilities: he simply knows the dynamics of perfectly natural laws which had remained hidden from him and the world. Laws which had remained occult.

## Contents

- 1 Introduction to Magick
- 2 Magic Theory
- 3 Magic Practice
- 4 Subject-Specific Articles
- 5 Occult Warfare
- 6 Discipline
- 7 See also

### Introduction to Magick

Introduction to Magick - An introductory article that provides an explanation of some of the core principles of occultism, with particular emphasis on the various "creeds" and "laws" throughout the many systems.

The First Steps - If you're interested in magick but don't quite know where or how to start, or perhaps if you've already familiarized yourself somewhat with the basics but don't know where to go from there, this article is for you.

The Path - The author attempts to provide a rough sketch of the trials and tribulations that begin to emerge as the aspirant advances in his path, allowing a word of caution to those who would desire to become true magicians.

### Magic Theory

The Power of Words - Written so as to dispell the misconceptions created by the "Forcecraft" idea, this article details the actual nature of words as symbols, and provides certain methods for their proper use. A good read for any aspirant, particularly the one who is interested in the nature of so-called "magic tongues" and divine words.

Spell Creation - Some of the most efficient spells, especially during the developmental stages of the aspirant, are those crafted by the magician himself. This article details the dynamics of spell creation and provides a template for creating your own spells.

Six Governing Principles - As one advances in his studies, it becomes necessary that he understand the various principles which govern occult operations to one degree or another. These "Hermetic Laws" come from amongst the oldest records that have been passed down to the occultist, and if studied can open a new avenue of applications in magic.

The Mechanism of Magic - Many speculators hold the misconception that magic somehow works in directly physical manifestation. In other words, that if the magician desires money he magically makes it appear before him on a table, or that if he wishes for rain he instantly brews dark clouds above himself. This article attempts to dispell that belief by reviewing the function of probability in magic.

### Magic Practice

Daily Magic Practices - Provides a daily practice routine for the aspiring novice that has been designed specifically for quick but efficient magical development.

Middle Pillar Rite - A rough overview of Regardie's favorite "Middle Pillar Rite"; a western ritual which meets kundalini with a common aim. Taken from the chatlog of a lecture given in the Veritas chatroom.

### Subject-Specific Articles

Treatise in Elemental Magic - A 50+ page treatise detailing the many facets of elemental magic that have hitherto either been scattered throughout many cryptic alchemical and

hermetic writings, or have simply not been brought into mainstream viewing. Provides both extensive theory and practice for the devoted student.

The Elemental Hierarchies - A template of the elemental hierarchies put together from various Hermetic, Qaballistic and Enochian sources. It is a useful tool for the elementalists who are interested in spirit work.

Runic Magic - An overview of the methodologies of runemal and the uses of the runes. Explains the function of the Oral Galdr and how to use it to charge bindrunes.

Enchantment From the Inside-Out - An excellent overview of the enchantment process, providing both the theory and practice required for the aspirant to begin his own practice of the art.

An Examination of Prophecy - Examines the nature of the biblical "gift of prophecy" that prophets both modern and ancient were renowned for. Considers the two sides to the controversial question: "Do prophets foresee events, or do they create them?"

Occult Warfare

Concerning Magical Warfare - A brief examination of the nature of magical warfare, on what grounds it takes place, and how it is usually operated.

Metaphysical Defense - A more in-depth view of magical warfare, detailing both the mechanisms of assault and defense, as well as providing methods for defense employed by various religious and spiritual systems.

Discipline

Self Mastery - Literally a template for obtaining the ideal state of mind and presence that maximizes magical proficiency. The ideals in this article are taken from many, many spiritual and religious paradigms, and borrows heavily from The Spiritual Exercises of St. Ignatius, explaining a deal of his exercises.

See also

[Complete list of Veritas Magick articles](#)

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2018 2019 2020

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[Mentoring:Mentoring program](#)

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The mentoring program was started to match people who are starting out (mentees) and looking for experienced people (mentors) in a specific path to help and guide them in their studies. The mentee will make an agreement with the mentor as to how they will communicate, and what discussions will be about. It's basically a system meant to match an experienced person with someone looking for a helping hand in their studies.

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[1 Mentoring Forums](#)

[2 Applying](#)

[3 Mentor Bios](#)

[4 Applying to become a mentor](#)

[Mentoring Forums](#)

To visit the forums specifically related to the program just click here: [Mentoring Forums](#)

[Applying](#)

All you have to do is post your application here. You will be notified as soon as a mentor for your subject is available, or we will try to give you an estimate of how long you will have to wait. Upon sending your request to a current mentor you will be notified as soon as time allows.

The following is the proper format for an application to become a mentoring student:

\* Name (what you want to be called):

\* Age:

\* Time Zone:

1. What are you interested in studying at Veritas?

2. What are your other interests?

3. Why are you applying to the mentor program?

4. (Optional) Which mentor you would like. (Please note that this will not guarantee you your preferred mentor, and some mentors are more selective than others.)

To see some of the subject areas which can be studied and some basics of studying, read this forum thread.

The veritas staff can recommend someone if asked but the preferred process is by posting an application here. or by sending a private message to a specific mentor of your own choice.

#### Mentor Bios

To see who the mentors are and what they mentor specifically please view this page:

[Mentor bios](#)

[Applying to become a mentor](#)

If you are interested in becoming a mentor please view the following page for details:

[Becoming a mentor](#)

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In the interest of maintaining the activity and productivity of the Veritas Society, this document will be the Veritas Constitution. This will be the dominant authority for the Veritas Society. It will go into effect upon approval by any of the methods listed in Article IV. (Approved January 25th, 2007, by 100% of Council, 100% of Staff, and 92.7% of Member votes.)

## Contents

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### 3 III. Veritas Rules

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#### I. Voting

All voting under this document will have one week for voting and discussion, unless otherwise stated. Voting may terminate early if all eligible people have voted. Steps should be taken to ensure that each person votes only once in each category being considered. Votes will be calculated as a percentage of those who vote.

#### II. Veritas Staff

The Veritas Staff will consist of a Council, Teachers, Moderators, and a Tech Team.

##### A. Veritas Council

The Council will be the highest administrative authority under this document, and will be responsible for the general guidance and oversight of the community.

1. Council members will be added under any of the following conditions:

a. Unanimous approval by the Council, with one month for voting and discussion.

b. Two-thirds approval by the Council, and two-thirds approval by the Staff, with two weeks for voting and discussion.

c. Two-thirds approval by the Staff, two-thirds approval by the members, and the approval of one Council member, with two weeks for voting and discussion.

d. Three-fourths approval by the Staff, and three-fourths approval by the members, with two weeks for voting and discussion.

2. While it should only be done after careful thought about the future of the community, Council members may be removed under any of the following conditions:

a. Resignation of the Council member.

b. Two-thirds approval by the Council, two-thirds approval by the Staff, and two-thirds approval by the members, with two weeks for voting and discussion.

c. Three-fourths approval by the Staff, two-thirds approval by the members, and the approval of one Council member, with two weeks for voting and discussion.

d. Three-fourths approval by the Staff, and three-fourths approval by the members, with two weeks for voting and discussion.

##### B. Veritas Teachers

The Veritas Teachers will be responsible for the selection, creation, or direction of educational content. They may delegate these tasks as appropriate.

1. Veritas Teachers will be added under any of the following conditions:

- a. Majority approval by the Council.
- b. Majority approval by the Staff, and approval of one Council member.

2. Veritas Teachers will be removed under any of the following conditions:

- a. Majority approval by the Council.
- b. Majority approval by the Staff, and approval of one Council member.

#### C. Veritas Moderators

The Veritas Moderators will be responsible for monitoring the content of the community, enforcing the rules, and guiding the community in a positive direction.

1. Veritas Moderators will be added under any of the following conditions:

- a. Majority approval by the Council.
- b. Majority approval by the Staff, and approval of one Council member.
- c. Two-thirds approval by the Staff, and majority approval of the members.

2. Veritas Moderators will be removed under any of the following conditions:

- a. Majority approval by the Council.
- b. Two-thirds approval by the Staff, and approval of one Council member.
- c. Two-thirds approval by the Staff, and two-thirds approval of the members.

#### D. Veritas Tech Team

The Tech Team will perform technical tasks for the maintenance of the community, and for the implementation of this document. Various levels of access may be granted to members of the Tech Team by the Council.

1. Tech Team members may be added under any of the following conditions:

- a. Unanimous approval by the Council, with two weeks for voting and discussion.
- b. Majority approval by the Council, and two-thirds approval by the Staff, with two weeks for voting and discussion.

2. Due to the sensitive nature of the access granted to the Tech Team, Tech Team members will be removed under any of the following conditions:

- a. Majority approval by the Council.
- b. Majority approval by the Staff, and approval of one Council member.

#### E. Emergencies

During emergency situations, or when a security risk is perceived, access of a Staff member may be temporarily restricted. Upon approval of a Council member, the restriction of access may continue until the completion of a vote.

#### F. Non-staff positions

Non-staff positions may be created by the Staff as seen fit for the productivity of the community. Unofficial non-staff positions may be created by any Staff member as desired, and official non-staff positions can be created by approval of one member of Council, or by majority vote of the Staff.

### III. Veritas Rules

The Veritas Rules will be changed upon any of the following conditions:

- A. Majority approval by the Council.
- B. Majority approval by the Staff, and approval of one Council member.
- C. Two-thirds approval by the Staff, and majority approval by the members.

### IV. Amendments



Amendments to this document will be valid under any of the following conditions:

A. Unanimous approval by the Council, and two-thirds approval by the Staff, with two weeks for voting and discussion.

B. Two-thirds approval by the Council, two-thirds approval by the Staff, and two-thirds approval by the members, with two weeks for voting and discussion.

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About this capture

Veritas staff

PageDiscussionView sourceHistory

This page lists the current Veritas Staff members and their position.

Contents

1 List of Veritas Staff

1.1 Council

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2 Retired

## 2.1 Teachers Emeriti

### List of Veritas Staff

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Mobius

kobok

TakeV

Teachers

kobok

Mobius

Rawiri

Svatejasaa

XIII

Moderators

Faijer

Impervious

kobok

Mobius

Rafnul

Shadow\_Dragon

Silver\_Archer

TakeV

Trowa

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[Mobius' FAQ and description of focal meditation](#)

[Kobok's article on focal meditation-for psions and magicians alike](#)

[Kettle's guided meditation on psionic principles-a meditation that lets your mind wander for once!](#)

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Author Topic: Fundamental Dynamic Psi for the Beginning Practitioner (Read 60277 times)

Mobius

Veritas Council

Veritas Furniture

\*\*\*\*\*

Posts: 329

Karma: 25

Fundamental Psi Coordinator

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Fundamental Dynamic Psi for the Beginning Practitioner

« on: December 14, 2006, 03:47:08 PM »

Welcome Veritasians!

This course is intended to be a short duration project designed to teach participants basic psi skills, hosted by myself, Shadowwarrior13, and Remakai. It will be strongly based on kobok's dynamic psi paradigm, and the topics to be covered include the following:

- Meditation
- Kinesis
- Scanning
- Energy Dynamics and Constructs
- The Philosophy of Psi

Meditation, in several forms, is a fundamental skill of all psionic practices. Kinesis, scanning, and energy dynamics represent the three pillars of our arts, and for each one we will discuss just what we think they are and how one might go about working with them. The philosophy of psi is a final topic, explaining what psi seems to be and how it affects each and every one of us. Each of these area will be given a cursory survey, sufficient to begin practice and exploration in each of the major areas.

This will be a public class, open to everyone. All material will be posted here publicly. Questions can be fielded to any of the teachers, either in threads dedicated to this course, via the forums PM system, or on IRC. Students are encouraged to discuss their experiences and share their questions both on the forums and in the #vmeta channel, as well as get involved in the Veritas mentor program.

Note that this course is not intended to replace kobok's "Way of the Psion" course. It is intended for those who are curious about psionics and did not make it during kobok's application period, or would like to practice their skills in the meantime. kobok's class will cover all of this material in considerably greater depth.

## Lesson I: Focal Meditation

Focal meditation is a skill essential to the practice of dynamic psi. Through it, one acquires the mental skills required to operate psi purposefully. Without it, it can be extremely difficult to potently and accurately perform any psi feat.

To begin, read kobok's article on focal meditation, available here:  
<http://forums.vrsociety.net/topic/4867.0>

One of our ultimate goals through focal meditation is to achieve awareness of the soul. With time, patience, and diligent practice of focal meditation, one will find oneself aware of it eventually. If it does not come immediately, relax! This is perhaps one of the most difficult steps in all of psi, simply because one does not immediately know what to look for. The time it can take varies strongly by individual. Don't get frustrated, keep

practicing, and it will come to you eventually. Introspection is a great tool for finding the soul, and helps know the soul. After a degree of success is maintained with focal meditation, begin with focusing on your own mind, and see how deep you can delve into it. As more and more of yourself is known to you, finding and connecting with the soul will be an easier task.

The soul, the fundamental component of our identity, is the foundation of all that we do in dynamic psi. What exactly the soul seems to be will be addressed in later articles (or can be gleaned from kobok's other articles in the psi section of Veritas, for the curious!). For now, try it take it on faith that it is there and that you have one. You can become aware of it, though what exactly finding this awareness means will be for you to discover. Look to the FAQ at the bottom of this post for frequent questions about finding the soul.

That is all for now. Practice your focal meditation, discover your soul, and prepare for the next lesson! Its going to be a fun one. Smiley

## FAQ

Q) How can I keep my mind from wandering?

A) Meditation should not be strained. While focal meditation is the development and use of extreme focus, people get the misconception that focus requires strain. However, meditation cannot be simply left to its own devices, or the mind will wander as well. Through regular meditation, a happy medium can be found. When this is discovered, mental focus can grow significantly.

Q) Meditation is too boring.

A) The beginning stages of meditation can be a tad boring. However, once a meditative state is reached, that boredom dissipates. Power through it, and this feeling will fade, especially as one discovers the soul and moves onward on the path of psi.

Q) I just can't get focused.

A) Meditation is difficult for beginners, and a candle is a great resource. Try some relaxation exercises, and make sure that you're relatively calm. Stress makes meditation a good deal more difficult until one is better at it. While first learning meditation, start small. Try meditating for 5 minutes, no more than 10, and then leave. Don't give up, but leave it for a while later. Go for a jog, read a book, take a shower, and come back.

Q) How do I know I'm meditating on the soul?

A) The soul is not physical. While it has the power to influence the physical, it doesn't reside there. Therefore, if you're meditating on a point on your body or physical feeling, you're not meditating on the soul. Correct focus on the soul is often accompanied with a deep, introspective mindset, a good state of mental focus, very vivid perception, and a feeling of connection with the world, though it varies from person to person. Regular meditation helps strengthen which feeling is right and which is wrong, and you'll attain a

stronger focal point within the soul.

Logged  
Deus Ex Vir  
haku  
Greenhorn  
A Veritas Regular  
\*\*

Posts: 60  
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #1 on: December 19, 2006, 09:29:43 PM »

Can't wait for the next one.

Logged  
Think!  
aether11  
Settling In  
\*

Posts: 36  
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #2 on: December 31, 2006, 04:32:04 AM »

Can I have a sneak-peak for the next article? Smiley

Logged  
Mobius  
Veritas Council  
Veritas Furniture  
\*\*\*\*\*

Posts: 329  
Karma: 25

Fundamental Psi Coordinator



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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #3 on: December 31, 2006, 10:55:22 AM »

I'm going to aim to have the next article up either today or tomorrow, depending on how easily I can get in touch with Shadow and Remakai.

Logged

Deus Ex Vir

aether11

Settling In

\*

Posts: 36

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #4 on: January 04, 2007, 09:24:51 PM »

\*stares at the clock\*

\*glances at the calendar\*

Jan, 4 2007?

Logged

Mobius

Veritas Council

Veritas Furniture

\*\*\*\*\*

Posts: 329

Karma: 25

Fundamental Psi Coordinator

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #5 on: January 05, 2007, 07:52:39 AM »

I know, I know. Sorry, don't mean to pull a kobok on you guys, but I've been having some trouble getting in touch with Shadowwarrior13, as he has a part he needs to write

as well. Feel free to contact him through any venue possible and encourage him to hurry it up. Wink

Logged  
Deus Ex Vir  
sargon  
he-who-posts-lots  
Veritas Furniture  
\*\*\*\*

Posts: 478  
Karma: 0

Back from the dead

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #6 on: March 08, 2007, 09:30:50 PM »

This topic is pretty dead by now, but I'll shamelessly post that I have chosen to become a psion rather than a magi. The reasons can be summed up as "Scientific process vs. Traditional ritual"

Logged  
Philosopher  
Veritas Furniture  
\*\*\*\*

Posts: 316  
Karma: 0

Bah.

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #7 on: March 15, 2007, 02:50:58 PM »

I see no reason why you can't do both. Unless it a matter of no wanting to divide you attention and time.

Logged  
TakeV  
Mad Scientist  
Veritas Council  
Posts By Osmosis

\*\*\*\*\*

Posts: 942  
Karma: 52

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #8 on: March 15, 2007, 06:57:26 PM »

Quote from: Philosopher on March 15, 2007, 02:50:58 PM

I see no reason why you can't do both. Unless it a matter of no wanting to divide you attention and time.

It's perfectly reasonable to do both. As you get further into them, you slowly start to realise that they are fundamentally the same.

Logged  
Sigil for focus  
Best argument ever.  
Jesse9209  
Veritas Furniture

\*\*\*\*\*

Posts: 413  
Karma: 20

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #9 on: May 13, 2007, 06:39:41 AM »

I'm working through IIH and i'm doing step 1 is the meditation in the beginning of focusing on one thought and emptying the mind work as a substitue for focal meditation? I'd rater keep the amount of differnt meditations down so i have more time to work on them.

Logged  
www.thedivinescience.org  
Mobius  
Veritas Council  
Veritas Furniture

\*\*\*\*\*

Posts: 329  
Karma: 25

Fundamental Psi Coordinator

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #10 on: May 13, 2007, 07:33:05 AM »

Well, focal meditation is used as part of later exercises. A substitution might be possible, but I am not familiar with IIH, so I could not say how likely that may be. I do know some people who practice both systems, so I will ask them about this. Smiley

Logged

Deus Ex Vir

XIII

Pirate of Veritas nth-Dimensional Planes

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1159

Karma: 9

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #11 on: May 13, 2007, 11:12:00 AM »

The meditation that Bardón explains is what is known as 'void' meditation. It consists of emptying all of the thoughts in the mind by sheer force of will, and floating in the abyss. Focal meditation, however, is the complete and utter focus of all aspects of the mind on one thing. They are different, and used for different purposes. Void meditation helps mental control, but should not be substituted for focal meditation.

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

zeon

A Veritas Regular

\*\*

Posts: 94

Karma: 0

feast upon atlantis and see the dirt we stand on

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #12 on: May 15, 2007, 09:30:36 PM »

what if u practice chi,psi,and the science of "magic"

Logged

The two greatest flaws of humanity..

1. humans have a tendency to always take the hard way.

2.we always ask the wrong questions.

XIII

Pirate of Veritas nth-Dimensional Planes

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1159

Karma: 9

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #13 on: May 19, 2007, 04:56:43 PM »

What if?

You'll find that the systems do not conflict.

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

zeon

A Veritas Regular

\*\*

Posts: 94

Karma: 0

feast upon atlantis and see the dirt we stand on

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #14 on: May 20, 2007, 12:06:08 PM »

ooo ok

Logged

The two greatest flaws of humanity..

1. humans have a tendency to always take the hard way.

2. we always ask the wrong questions.

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Author Topic: Fundamental Dynamic Psi for the Beginning Practitioner (Read 61122 times)

whizkid

New Member

\*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #15 on: August 23, 2007, 08:01:46 AM »

this is great grin

Logged

Frostlock

Settling In

\*

Posts: 13

Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #16 on: October 20, 2007, 04:51:31 AM »

I have also chosen to be a psion rather than a magi..i did practice some magic and it worked quite well for me..the luck spells were great i was really having luck ..everything was going so well...but psi looks more interesting to me..probably after i master psi(i hope that will happen) i will also study magic again Cheesy

Logged

sandyz

New Member

\*

Posts: 5

Karma: 0

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Focal Meditation Success

« Reply #17 on: November 13, 2007, 06:34:22 AM »

Hi have been very successful in meditations and I'm happy that I did try the Focal Meditations and am practising it daily.

Logged

TakeV

Mad Scientist

Veritas Council

Posts By Osmosis

\*\*\*\*\*

Posts: 943

Karma: 52

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #18 on: November 13, 2007, 10:26:47 AM »

Quote from: sandyz on November 13, 2007, 06:34:22 AM

Hi have been very successful in meditations and I'm happy that I did try the Focal Meditations and am practising it daily.

That is wonderful. Smiley

Logged

Sigil for focus

Best argument ever.

sandyz

New Member

\*

Posts: 5

Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #19 on: November 13, 2007, 09:43:41 PM »

Quote from: TakeV on November 13, 2007, 10:26:47 AM

Quote from: sandyz on November 13, 2007, 06:34:22 AM



Hi have been very successful in meditations and I'm happy that I did try the Focal Meditations and am practising it daily.

That is wonderful. Smiley

So can I now continue onto the Kinesis or the second part of this course?

Logged

TakeV

Mad Scientist

Veritas Council

Posts By Osmosis

\*\*\*\*\*

Posts: 943

Karma: 52

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #20 on: November 14, 2007, 11:01:05 AM »

Quote from: sandyz on November 13, 2007, 09:43:41 PM

Quote from: TakeV on November 13, 2007, 10:26:47 AM

Quote from: sandyz on November 13, 2007, 06:34:22 AM

Hi have been very successful in meditations and I'm happy that I did try the Focal Meditations and am practising it daily.

That is wonderful. Smiley

So can I now continue onto the Kinesis or the second part of this course?

If you found your soul, yes. Kinesis requires that you have done so, first.

Logged

Sigil for focus

Best argument ever.

sandyz

New Member

\*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #21 on: November 14, 2007, 09:37:19 PM »

Yes, I have owing to the fact that I have been meditating for over five years now...it was pretty easy Smiley

So, I started yesterday evening with the candle flame technique. And boy is that tough! I tried again this morning....tougher still! I'll try this eve too!

Logged  
Lucina  
Settling In  
\*

Posts: 43  
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #22 on: November 16, 2007, 07:44:51 AM »

i have been practicing candle flame for over two or three weeks now... my eyes are still adjusting and sometimes can get strain and lose my focus.

in oriental practice this is known as trataka, focusing on the candle flame till eyes water believed to have beneficial effect on the eye, how true?

Logged  
I AM shining like the Son  
I AM shining like the Sun  
kobok  
Veritas Council  
Tech Team  
Posts By Osmosis  
\*\*\*\*\*

Posts: 4893  
Karma: 158

[Veritas Council](#)

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #23 on: November 16, 2007, 05:32:58 PM »

Quote from: Lucina on November 16, 2007, 07:44:51 AM

i have been practicing candle flame for over two or three weeks now... my eyes are still adjusting and sometimes can get strain and lose my focus.

in oriental practice this is known as trataka,focusing on the candle flame till eyes water believed to have beneficial effect on the eye, how true?

Try not to strain your eyes while doing this exercise. You must focus with your mind, not your eyes.

Logged

Latest article: Construct Dynamics

Want to learn psi? Check out our collection of psi articles.

Secret Rose

New Member

\*

Posts: 7

Karma: 0

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #24 on: November 22, 2007, 06:50:07 PM »

I have tinnitus and vertigo (dizziness) and I don't seem to be bothered with that as long as I don't concentrate on it...It's just like distractions from the outside world, just don't focus on it.

I don't know why but the past couple of days I've kind of been zoning out really quickly as if in meditation, for no reason. Like I'll be putting something into the refrigerator and then I won't really be aware of my surroundings and time seems to pass by very slowly. Or if I'm looking at something my eyes will automatically defocus from everything for awhile. <---What does this mean?

Also, when I get dizzy spells sometimes I'm almost automatically placed into a meditative state because I can't really focus at all on the things going around me, and I can't do anything but just sit and basically do nothing. I can't process thought either. But I'm positive this isn't exactly a meditative state.

Sorry for the length of my post, but I have one more question, Would meditation possibly calm down an asthma attack? Or would it be too hard to reach that state of

mind in that condition? I have recurring asthma and sometimes my medication does not always work.

Thank you for your help!

~Secret Rose

Logged

Lucina

Settling In

\*

Posts: 43

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #25 on: November 23, 2007, 07:10:40 AM »

perhaps some breathing exercise (such as pranayama) before you sit for concentration might help.

Logged

I AM shining like the Son

I AM shining like the Sun

supernova558

New Member

\*

Posts: 2

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #26 on: April 01, 2008, 10:07:43 AM »

i tried every singel website for this and i stil kant make a psi ball Bashing your head against a wall

Logged

Dillon02003

New Member

\*

Posts: 4

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #27 on: July 11, 2008, 02:42:29 PM »

Can focal meditation count as something you are listening to? for example, I am working with BrainWave Entrainment and was wondering if I could, instead of focussing on a candle flame, focus on the sound of the beats.

Logged

XIII

Pirate of Veritas nth-Dimensional Planes

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1159

Karma: 9

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #28 on: July 12, 2008, 02:52:28 AM »

I've had practice with various Binaural beat software, and I don't recommend using it, simply because it may become a crutch. It's healthier to simply do normal meditation, and skip the easy road; you'll gain more control in the long run.

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

Dillon02003

New Member

\*

Posts: 4

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #29 on: July 14, 2008, 11:35:41 PM »

Quote from: XIII on July 12, 2008, 02:52:28 AM

I've had practice with various Binaural beat software, and I don't recommend using it, simply because it may become a crutch. It's healthier to simply do normal meditation, and skip the easy road; you'll gain more control in the long run.

Thanks, I really appreciate the advise! I am not very good at meditation though... I have what i guess you could call "Internal ADD" Instead of external distractions, my thoughts distract me (I made it up to explain it). I learned to use this to my advantage with TK though, as a technique for "clearing the mind".

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Pirate of Veritas nth-Dimensional Planes  
Veritas Teacher  
Posts By Osmosis  
\*\*\*\*\*  
Posts: 1159  
Karma: 9

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Re: Fundamental Dynamic Psi for the Beginning Practitioner  
« Reply #30 on: July 16, 2008, 02:04:38 AM »  
Most people are like that. Just take some time, have perseverance, and you'll fix it.  
Logged  
(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a  
chicken.  
ryo257ma  
New Member  
\*  
Posts: 2  
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner  
« Reply #31 on: July 31, 2008, 11:50:22 AM »  
I just realized, I think I've already done a bit of focal meditation when I was a kid. We  
used to have little contests to see who could stare at an object the longest without  
blinking and I did it so long that everything around the object disappeared, i literally  
couldn't see anything other than the object. one thing though, rather than black,  
everything around turned white. I haven't done it in years though. I tried last night, (not a  
candle though) and I actually started seeing some really trippy things, like flickering in  
the walls, things getting glowing edges and such. So I'm trying again tonight.

Logged  
ChezNips  
Veritas Teacher  
Teacher Emeritus  
Posts By Osmosis  
\*\*\*\*\*

Posts: 1722  
Karma: 7

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #32 on: August 28, 2008, 12:23:52 PM »

I dont recommend binaural beat software, rather an audio file or a CD to use. My reasoning is that I know many, including myself that get very bad headaches trying it out. I much prefer the use of something not so forceful that combines the binaural beats with music to relax. It can become a crutch if its used and relied upon exclusively but yes, you really should learn to meditate on your own first and then branch out from there. For myself, I live with several other people and I often go to sleep when other people are awake and making noise so slipping on some headphones to shut out the world a bit more is bonus.

Secret Rose: Yes meditation can help with an asthma attack but I really urge you to look into biofeedback more specifically. Ed and Alyce Greene of the Menninger institute have written a great deal that helps a person control functions of the body such as heart rate, breathing and other functions. Just please use it with caution as with anything else.

Logged  
some days you're the bug, some days you're the windshield.

PaperMan  
New Member  
\*

Posts: 1  
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #33 on: September 10, 2008, 09:16:21 PM »

I'm completely new when it comes to matters like this, although it seems strangely



familiar. Anyways, when I try Focal Meditation I begin to feel some sort of strange sensation that is similar to what was described in kobok's article, but it also comes with another sensation, or paranoia, that I'm being watched. For some reason I feel threatened and I get worried that I'm opening myself up to see/experience something I don't want to and I end up losing that focus. Does anyone have any idea what might be causing this? Is this all just in my head? Ha, Well I guess technically that statement is true regardless. Sorry if I'm being vague but It's hard for me to find words to describe that feeling. Perhaps trying something new is just freaking me out and I need to relax. =)

Logged

Hero

Settling In

\*

Posts: 19

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #34 on: June 30, 2009, 03:21:28 PM »

whenever i practiced trataka I would stare at the candle just long enough to let its light to leave its afterimage into my eyes when closed then as the image starts to fade I tried to keep it there and reinforce it with my focus seeing how long i could keep it there.

lucid dreaming goes hand in hand with focus meditation. the mind is cleared of distraction then focused into control of the consciousness becoming lucid.

hmmm the feeling of being watched to . probably allowing subconscious fears to enter.whether its outter or inner forces causing them they have to be overcome even dreams sometime involve unwanted stuctures ect.

remember when in a focused state your senses are heightened, making even the slightist sound etc. seem more significant. this state can be a good thing as tunnel vission is bad.

If scared its best to create a stronger connection to the soul and inner calmness and warmth before proceeding. that way even if someone is arround you'll be clear headed.

« Last Edit: June 30, 2009, 03:38:20 PM by Hero »      Logged

Roufas

New Member

\*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #35 on: July 22, 2009, 04:12:18 AM »

Hello!

I have a very hard time visualizing things in my head. For example , my wife says when she closes her eyes and start imagining things , it is like entering a whole different world , full of colors.

Well , when I close my eyes , all I can see is darkness. If I try real hard sometimes I can see as if there were "grey sketches" of things I am trying to imagine. My dreams are mostly in black and white too.

I seem to be able to keep sort of focused on the candle flame but that requires me to strain my eyes ...

My question is , how am I supposed to focus my mind on the candle if I cannot really visualize it?

Logged

iosnem

New Member

\*

Posts: 1

Karma: 0

Master of Nothing

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #36 on: July 22, 2009, 12:04:25 PM »

Quote from: Roufas on July 22, 2009, 04:12:18 AM

Hello!

I have a very hard time visualizing things in my head. For example , my wife says when she closes her eyes and start imagining things , it is like entering a whole different world , full of colors.

Well , when I close my eyes , all I can see is darkness. If I try real hard sometimes I can see as if there were "grey sketches" of things I am trying to imagine. My dreams are mostly in black and white too.

I seem to be able to keep sort of focused on the candle flame but that requires me to

strain my eyes ...

My question is , how am I supposed to focus my mind on the candle if I cannot really visualize it?

I believe that you are in the same place as me: mind weakness and lack of training.

Maybe your wife is like that naturally born big kid who steals other children's money between class. And you and I are those skinny one. But one day, we choose to try the gym and after discipline and hard work, we get strong too.

What do you think?

Logged

Hunting outer space zombies since 1987

Roufas

New Member

\*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #37 on: July 22, 2009, 09:19:24 PM »

Heh , that could be it. A spiritist friend told me I could have some kind of blockage too though , so I do not really know , that is why I was asking in the hopes that someone with knowledge on this could point out Smiley

He was saying something like "meditating on colors was very important" , according to him each color had its own significance.

Could it be that we have other senses more attuned though? So maybe sensing the candle's flame heat or just sensing its position or something like that?

I know that I can remember the places of things in my room in the dark , even though I do not really imagine it.I really only "see" darkness. This only seem to work with large things for me though , doing that with a small flame would be very hard if not impossible

:X

Logged

Steve

Posts By Osmosis

\*\*\*\*\*

Posts: 3290

Karma: 82

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #38 on: July 23, 2009, 07:18:06 AM »

Quote from: Roufas on July 22, 2009, 04:12:18 AM

Hello!

I have a very hard time visualizing things in my head. For example , my wife says when she closes her eyes and start imagining things , it is like entering a whole different world , full of colors.

Well , when I close my eyes , all I can see is darkness. If I try real hard sometimes I can see as if there were "grey sketches" of things I am trying to imagine. My dreams are mostly in black and white too.

I seem to be able to keep sort of focused on the candle flame but that requires me to strain my eyes ...

My question is , how am I supposed to focus my mind on the candle if I cannot really visualize it?

Read a book (fantasy, sci-fi, fiction, romance, whatever). After a set of action occurs, aka an event, close your eyes and imagine what just happened. Keep doing that until you're able to visualize the events to a clarity of your liking. Try to envision every detail you can, making up what the book does not tell you, and try to fluidly visualize the action as it transpires.

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

Roufas

New Member

\*

Posts: 5

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #39 on: July 24, 2009, 07:17:05 PM »

Thank you , I will try that Smiley

You think I should first get a grasp of visualization before I start to seriously meditate , or should I consider this simply an "extra" task?

Logged

Steve

Posts By Osmosis

\*\*\*\*\*

Posts: 3290

Karma: 82

[View Profile](#)

Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #40 on: July 25, 2009, 03:42:49 PM »

Start meditating now.

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

darthlobo

A Familiar Feature

\*\*\*

Posts: 180

Karma: 0

[Padawan Learner](#)

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #41 on: January 28, 2010, 05:00:31 PM »

I tried focal meditation today by focusing on a pencil I placed on the floor of my room.

At one point the pencil seemed to become apart of the carpet; does this mean I was on the right path of focal meditation, or does it simply mean I should blink more?

Logged

I choose the Twilight Path to the Dawn.

Rawiri  
Wandering Nomad  
Veritas Teacher  
Posts By Osmosis  
\*\*\*\*\*

Posts: 918  
Karma: 42

Veritas Teacher

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Re: Fundamental Dynamic Psi for the Beginning Practitioner  
« Reply #42 on: January 28, 2010, 06:43:32 PM »  
It doesn't really mean anything.

Don't judge whether you're on the right path by all the sensations you will no doubt get as you go on. They can show you're obviously doing something - but ultimately they'll pass away a bit too.

If you can calmly focus, if you have a slow but deep 'unfolding' happening within you and if you can sense your soul...

If your life starts to run all that bit smoother, if you think clearly and feel deeply...but maintain the reigns on those feelings - then rest assured you're on "the right path."

You can tell better by how you go about your daily life - than how you get along when meditating itself. Smiley

Logged  
darthlobo  
A Familiar Feature  
\*\*\*

Posts: 180  
Karma: 0

Padawan Learner

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #43 on: January 29, 2010, 05:37:56 AM »

Thank you. I have such a hard time mediating, that it is difficult for me to tell when I am doing it right, let alone using focal correctly.

Logged

I choose the Twilight Path to the Dawn.

Cheesewheel23

New Member

\*

Posts: 6

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #44 on: May 30, 2010, 05:19:57 PM »

Is there a general recommended amount of time one should spend solely on focal meditation before moving onto the next lesson? (A week? A month?)

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Author Topic: Fundamental Dynamic Psi for the Beginning Practitioner (Read 61120 times)

Rawiri

Wandering Nomad

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 918

Karma: 42

Veritas Teacher

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #45 on: May 30, 2010, 06:04:04 PM »

In the non-public lessons, focal meditation was done for about 2 weeks before the next lesson.

Time is not a very good measurement, though.

The later lessons require you to have 'found your soul' - so you don't move on until



you've done that. It could happen quickly, or it could take a while. Development is different for each person. And of course, meditation is continued afterward.

Logged  
Cheesewheel23  
New Member  
\*

Posts: 6  
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #46 on: May 30, 2010, 06:14:59 PM »

Ah, that helps a lot. Thank you.

Logged  
amaobi  
New Member  
\*

Posts: 1  
Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #47 on: July 14, 2011, 06:30:54 AM »

am too anxious to meditate on ma soul and i know i can do it but i cnt silent my thoughts

Logged  
Akenu  
Posts By Osmosis  
\*\*\*\*\*

Posts: 2679  
Karma: 35

यम या रा आना

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #48 on: July 14, 2011, 07:21:06 AM »

@amaobi:

Few tips:

Focal meditation with candle light, focal meditation with antahkarana symbol

Zai-zen meditation (simple counting of breaths)

Fourfold meditation

japa meditation (om namah PSivayah should do the trick).

Logged

Hepaby!

- <http://akenu.blogspot.com>

- TOHO Order

- Magickal Curriculum

Robin

Posts By Osmosis

\*\*\*\*\*

Posts: 1002

Karma: 32

Your friendly neighborhood Verigeek.

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #49 on: July 14, 2011, 12:19:02 PM »

Quote from: Awakened on July 14, 2011, 07:21:06 AM

japa meditation (om namah PSivayah should do the trick).

I lol'd. Brilliant, Awakened! Smiley

Logged

Mr.Joker

New Member

\*

Posts: 7

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #50 on: February 22, 2013, 07:49:16 AM »

I am new to all of this but I totally like it. It's amazing how well you explained all what we need to know as beginners. Thanks!!

Logged  
seanburtonsb  
New Member

\*

Posts: 2

Karma: 0

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #51 on: March 14, 2013, 10:54:57 AM »

from my experience and understanding of meditation it is more beneficial to do both focal and void meditation rather than doing them separate, its just a matter of slipping into one state of focus, and then naturally allowing your self to slip back to the other by doing this its still extreme concentration thats the focal and the void is when you by sheer will stilling your mind but either way it takes concentration to achieve both so to me they are one in the same...i mean speaking from my own experience.

Logged  
Akenu  
Posts By Osmosis

\*\*\*\*\*

Posts: 2679

Karma: 35

यम या रा आना

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #52 on: March 14, 2013, 11:02:03 AM »

@seanburtonsb: Void meditation is about a complete loss of perception of your body, your mind and your surroundings (no thoughts, no internal input, no external input). I do not think that it can be accomplished during focal meditation, maybe after as a next

step.

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- <http://akenu.blogspot.com>

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- Magickal Curriculum

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 803

Karma: 16

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #53 on: March 14, 2013, 03:38:07 PM »

Quote from: seanburtonsb on March 14, 2013, 10:54:57 AM

from my experience and understanding of meditation it is more beneficial to do both focal and void meditation rather than doing them separate, its just a matter of slipping into one state of focus, and then naturally allowing your self to slip back to the other by doing this its still extreme concentration thats the focal and the void is when you by sheer will stilling your mind but either way it takes concentration to achieve both so to me they are one in the same...i mean speaking from my own experience.

Trying to do both at the same time is counter productive and will ultimately achieve you nothing , seeing as the goals of focal and void meditation are completely opposite. In other words, you cant clear your mind by thinking harder, and you cant focus on one thing while you are trying to clear your head of all things.

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[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

The proud owner of the 200,000th post made on Veritas.

Hellblazer

Posts By Osmosis

\*\*\*\*\*

Posts: 1480

Karma: 84

Truth is Subjective unless it's Fact

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #54 on: March 14, 2013, 05:00:36 PM »

Quote

Void meditation is about a complete loss of perception of your body, your mind and your surroundings (no thoughts, no internal input, no external input). I do not think that it can be accomplished during focal meditation, maybe after as a next step.

It can be achieve in a way through focal meditation. As the object of your attention should in some way keep your conscious mind occupied. All other external sensations and thoughts will stop. This is a deep state of trance. This is a state of single minded focus or one-point awareness.

Logged

I am not the man I once was.

Akenu

Posts By Osmosis

\*\*\*\*\*

Posts: 2679

Karma: 35

यम या रा आना

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Re: Fundamental Dynamic Psi for the Beginning Practitioner

« Reply #55 on: March 15, 2013, 01:47:53 AM »

Quote from: BubbaFett on March 14, 2013, 05:00:36 PM

Quote

Void meditation is about a complete loss of perception of your body, your mind and your surroundings (no thoughts, no internal input, no external input). I do not think that it can be accomplished during focal meditation, maybe after as a next step.

It can be achieve in a way through focal meditation. As the object of your attention should in some way keep your conscious mind occupied. All other external sensations and thoughts will stop. This is a deep state of trance. This is a state of single minded focus or one-point awareness.

Yup, but it still isn't void.

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Hepaby!

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Author Topic: Focal Meditation (Read 84789 times)

kobok

Veritas Council

Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4882

Karma: 158

Veritas Council

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Focal Meditation

« on: December 27, 2004, 04:04:28 AM »

Focal Meditation

The role of focal meditation in psi

Meditation is central to the practice of psi. Gaining meaningful control over your psi abilities will only come through steady and regular meditation.

There are two major classes of meditation, void meditation and focal meditation. Void meditation is an extended blanking of the mind, in which one attempts to have no thought and no awareness in order to clear one's mind and open oneself up to new understanding. Focal meditation is a deep concentration of the mind, in which one attempts to focus all thought and awareness on a single thing, either an object or a concept.

For the purposes of psi, focal meditation is the form of meditation which is of primary interest. A psion uses focal meditation to gain the depth of inner self-control necessary to achieve clarity in the sensing abilities and control over the kinetic abilities.

It's certainly possible to perform a psionic act without any meditation. It's even possible to perform a psionic act completely by accident. But any would-be psion who wishes to gain consistent and deep control of the psi abilities must use focal meditation to achieve this.

The most basic focal meditation is simply to select an object and stare at that object,

focusing all of your thoughts and awareness on that object. Any object will do for this; it can be as simple as a spot on the wall or a dot drawn on paper. The best objects to select are the ones which help to draw your attention. One example of an object which does this for many people would be a crystal. However, the best object for focal meditation in psi seems to be the candle flame.

## Candle meditation

The following exercise will be described in terms of a candle flame. If you at all can, you should seek out a candle and perform this with an actual candle flame, as the flame does an excellent job of drawing your attention and preparing you for later work in psi. If you are unable to do this, substitute the flame in the following description for the focal object of your choice.

Take a candle into a dark quiet room, and place it somewhere free of clutter so you do not become easily distracted while meditating. Light the candle, and then sit comfortably one or two meters away from the candle.

Relax your body and mind as much as you can, and watch the candle flame. Do not strain your eyes while focusing on the candle flame, as the focusing you will be doing is in your mind, not in your eyes. Clear all of your thoughts, and focus them only on the flame. When thoughts come to your mind, be passive toward your thoughts, allowing them to pass over you and through you, but do not acknowledge the thoughts. Keep the entirety of your awareness only on the candle flame.

Continue to focus on the candle flame for around 45-60 minutes consecutively. If you find yourself distracted and losing focus, simply correct your focus and awareness back to the candle flame, and continue your practice. With practice, focal meditation will become easier, and you will be able to reach deep meditative states much more quickly.

## Deep meditation

After meditating with complete focus on the candle flame for a while, you will begin to enter deeper meditative states. At first focal meditation will simply lead you toward a calm and quiet state, followed later by a deeper collected focus. When your focus becomes more complete and you enter deeper meditative states, you will begin to experience tingling, buzzing, or vibrating sensations, which will also be followed by feelings of detachment. When these sensations occur, do not be frightened by them, but instead accept these sensations and welcome them. Allow those sensation to grow stronger as you fall into deeper and deeper meditative states.

## Relaxing after meditation



When you have finished meditating, you should try to gradually return yourself to a normal state of mind. First begin by relaxing your mind, so that other thoughts can enter. Then you should calmly and slowly breathe in and out, and as you breathe in bring your awareness inward, and as you breathe out flush your awareness out, taking any excess energy with you down into the ground. When you have finished breathing in and out a few times like this, return your awareness to your normal surroundings and go about the rest of your day.

The added benefits of focal meditation

Psions use focal meditation to learn mastery of psi, but the benefits of focal meditation can flow throughout much of the psion's life. Regular practice of focal meditation yields greater mental focus in other cognitive activities. It also teaches greater mental discipline and self-control when facing daily struggles. Focal meditation brings a depth of confidence and awareness about the self which enhances interaction with others. And finally, focal meditation is the beginning of the psi philosophy that changing something in the external world always begins by first changing something within oneself.

« Last Edit: February 13, 2009, 02:17:46 PM by kobok »      Logged

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Adept

Posting chief

Posts By Osmosis

\*\*\*\*\*

Posts: 1145

Karma: 4

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Focal Meditation

« Reply #1 on: December 28, 2004, 07:02:18 PM »

This type of meditation is also helpful for the magician isn't it?

Logged

Prophecy

Theurgist

Teacher Emeritus

Posts By Osmosis

\*\*\*\*\*

Posts: 1237

Karma: 72

Veritas Teacher

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Focal Meditation

« Reply #2 on: December 29, 2004, 08:37:12 PM »

Meditation is helpful for anyone, with few exceptions.

Logged

<http://www.thedivinescience.org>

vashts

Regular Member

A Veritas Regular

\*\*

Posts: 92

Karma: 1

Regular Member

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Focal Meditation

« Reply #3 on: December 30, 2004, 06:53:38 AM »

So what is void meditation good for?

Logged

! UNDER CONSTRUCTION !

Please refresh the page

Falcon

Vretsa Dcitoinray

Posts By Osmosis

\*\*\*\*\*

Posts: 702

Karma: 1

Veritas Mentor

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Focal Meditation

« Reply #4 on: January 17, 2005, 06:21:29 AM »

Did you know if you perform void meditation you don't need as much sleep at night because your mind is resting.

I liked it kobok keep up the good work.

Logged

Finding some things difficult and need a extra hand, Apply for a mentor that's what were here for <http://forums.v society.net/index.php?topic=9706.0>

Oracle

Regular Member

Settling In

\*

Posts: 47

Karma: 0

Regular Member

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Focal Meditation

« Reply #5 on: February 06, 2005, 10:50:03 AM »

excellent Kobok, great article, once again, my stock of Advil dropped dramatically, but it was a good article.

Logged

Those that were will never see

That we that are will never be

What those that were

Were hoping us to be.Wink

[/COLOR][ /SIZE][ /FONT]

runescaper12@msn.com

psychicpenguin

Greenhorn

Settling In

\*

Posts: 19

Karma: 0

Greenhorn

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Focal Meditation

« Reply #6 on: March 22, 2005, 04:19:20 PM »

Great, Kobok! Found it really useful. Maybe someone could write an article or start a thread suggesting some good places to meditate or how to find good places to meditate?

Logged

Somebody tell me.

Why it feels more real when I dream than when I am awake. - Kid

Paint chips and powerlines: my childhood rocks! - Fighter

A smile goes a long way

8-----)

Odisirus

Greenhorn

Settling In

\*

Posts: 10

Karma: 0

The Blind Taveler

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Focal Meditation

« Reply #7 on: May 15, 2005, 07:24:46 PM »

Very interesting. it's wierd though, once, i was focusing on the psiwheel, and i found i had slipped into deep meditation with out much trying, though when i realized this, i slipped out and lost focus

Logged

One never needs their humor as much as when they argue with a fool.

Fortitudo Dei

Regular Member  
A Veritas Regular

\*\*

Posts: 88  
Karma: 0

Regular Member

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Focal Meditation

« Reply #8 on: May 23, 2005, 06:08:45 PM »

If a flame hurts your eyes, can the use of a mandala be a substitute?

Logged

"To pity distress is human. To relieve it is godlike."

kobok

Veritas Council

Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4882  
Karma: 158

Veritas Council

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Focal Meditation

« Reply #9 on: May 25, 2005, 12:24:06 PM »

Quote from: Silver\_Haze

If a flame hurts your eyes, can the use of a mandala be a substitute?

If the flame hurts your eyes, you're probably sitting too close. Sit back farther. This exercise should put no strain on your eyes, as the focus is in your mind, not in your eye.

Logged

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lavas

Regular Member

A Veritas Regular

\*\*

Posts: 73

Karma: 0

Contradictory

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Focal Meditation

« Reply #10 on: May 28, 2005, 09:29:49 PM »

I think what Silver\_Haze means is the same effect you get at staring at the sun. When you stare at any source of light for a long time, focusing your eyes or not, the photoreceptive cone cells in the back of your eyes are bombarded with energy, producing the negative image "burned into your eyes" that lasts for a while after you stop staring. It could also make your eyes feel really tired, even if they were unfocused.

Now, what I'm interested in, is void meditation. Does it really help your mind rest faster, thus decreasing optimal sleep time?

Logged

QUOTES:

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

-- William Shakespeare, Hamlet

Rawiri

Wandering Nomad

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 917

Karma: 38

Veritas Teacher

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Focal Meditation

« Reply #11 on: June 09, 2005, 02:38:50 AM »

Yes, void meditation can do this, but it is not being at the void state itself that does this, it is getting there. Throughout everyday you are bombarded with thoughts, a few of these you pay attention to and all the rest are "stacked away" on shelves.

Now usually through sleep your mind looks at all these thoughts, but there are still alot that are not looked at usually and these build up. Before one can properly reach a void state, without blatantly ignoring all thoughts, which I have found just to create troubles and annoyance with meditation full stop. One has to watch one's thoughts and allow the "shelves" to be emptied, so to speak, then, once your mind has looked at all the thoughts, a sudden calmness will overcome you.

Now when in this calmness, your mind can truly rest, no need to organize thoughts etc, along with this, when you sleep your mind will have less thoughts to overlook, so can spend more time actually resting.

Logged  
ABustedWatch  
Greenhorn  
New Member

\*

Posts: 1  
Karma: 0

Greenhorn

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Focal Meditation

« Reply #12 on: June 23, 2005, 01:18:50 PM »

Excellent article. So simply stated, yet the effort is quite a bit involved. I thought I had good focal meditation, but I will continue my practicing.

Logged  
SleepWalker  
Pool Boy  
Posts By Osmosis

\*\*\*\*\*

Posts: 588  
Karma: 2

Pinkus Elephantus

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Re: Focal Meditation

« Reply #13 on: July 13, 2005, 07:21:14 PM »

Very nice I feel I've seen it before, but written differently

void meditation has beneficial effects also does it not?

focusing on nothing is much the same as focusing on something correct?

One is assumed more difficult perhaps?

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[URL

kakkarot

0. The Fool... Inverted?

Posts By Osmosis

\*\*\*\*\*

Posts: 2701

Karma: 3

Pirate "Not-A-Mod" BoB

[View Profile](#)

Re: Focal Meditation

« Reply #14 on: July 15, 2005, 05:52:39 PM »

Um, one is assumed more impossible. You don't focus on nothing in void meditation, you empty yourself and become nothing.

~kakkarot

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness.

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Author Topic: Focal Meditation (Read 84467 times)

SleepWalker

Pool Boy

Posts By Osmosis

\*\*\*\*\*

Posts: 588

Karma: 2

Pinkus Elephantus

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Re: Focal Meditation

« Reply #15 on: July 17, 2005, 06:41:29 AM »

you merely edited my words into your perspective, void meditation, focusing on not focusing, in an effort to become free of thought.

the process is not impossible,

the void state would prove rather near impossible though to attain.

If you were to focus on all things would your focus be on that of the void?

What is your understanding of the term void?

Does void not contain all things and none at the same time?

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[URL

kakkarot

0. The Fool... Inverted?

Posts By Osmosis

\*\*\*\*\*

Posts: 2701

Karma: 3

Pirate "Not-A-Mod" BoB

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Re: Focal Meditation

« Reply #16 on: July 18, 2005, 05:47:43 AM »

Void is empty. Void meditation isn't "meditating on nothing", it isn't "focusing on the void while you meditate", it isn't "focus on not focusing". It is letting go of all those things and everything else to simply \*be\* empty rather than /think/ empty. Difference between thinking and doing: in your mind think about lifting your arm, and then let go of that thought and actually lift your arm instead of just thinking about lifting your arm.

It's like having a glass full of oil, and trying to empty the glass by pouring in water (because oil will rise above water and eventually flow over the edges if you add enough water); you now have a clearer and more fluid substance in the glass, but the glass is not empty. To empty the glass, you tip it over and remove as much substance as possible from within it and leave it tipped over for the water droplets on the inside of the glass to eventually leave as well.

~kakkarot

Logged

Philippians 2:5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness.

Sekhmet

Greenhorn

Posts By Osmosis

\*\*\*\*\*

Posts: 644

Karma: 1

Warrior...Not Princess... Klutz...

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Re: Focal Meditation

« Reply #17 on: July 19, 2005, 03:47:36 PM »

so what do you do about fear of starting a fire? the author didn't cover this.

that fear is actually quite distracting. what I tried was a black construction paper set-up with a white star on it. for focusing that is. then I got all twitchy.

you can't do meditations like this outside in nature either unless you have a nice hard surface of concrete to do it in.

just a thought.

Logged

Boo-ya!

kobok

Veritas Council

Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4881

Karma: 157

Veritas Council

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Re: Focal Meditation

« Reply #18 on: July 20, 2005, 09:13:44 AM »

Quote from: Sekmet on July 19, 2005, 03:47:36 PM

so what do you do about fear of starting a fire? the author didn't cover this.

Avoid doing it around flammable objects? Candles are safe if placed in non-flammable locations. Observe the same safety precautions you would anytime you use a candle.

Beyond that, your focus should be on the candle flame itself, not on fears.

Logged

Latest article: Construct Dynamics

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Sekhmet

Greenhorn

Posts By Osmosis

\*\*\*\*\*

Posts: 644

Karma: 1

Warrior...Not Princess... Klutz...

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Re: Focal Meditation

« Reply #19 on: July 20, 2005, 05:58:51 PM »

and this is something I do more or less with a great deal of water standing by, a nice glass chalice, and very deep candle holders, tea lights are dangerous.

but yes, the fear of starting a fire.

well off to meditate now.

Logged

Boo-ya!  
SleepWalker  
Pool Boy  
Posts By Osmosis  
\*\*\*\*\*

Posts: 588  
Karma: 2

Pinkus Elephantus

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Re: Focal Meditation

« Reply #20 on: July 26, 2005, 07:20:09 PM »

Quote from: kakkarot on July 18, 2005, 05:47:43 AM

Void is empty. Void meditation isn't "meditating on nothing", it isn't "focusing on the void while you meditate", it isn't "focus on not focusing". It is letting go of all those things and everything else to simply \*be\* empty rather than /think/ empty. Difference between thinking and doing: in your mind think about lifting your arm, and then let go of that thought and actually lift your arm instead of just thinking about lifting your arm.

It's like having a glass full of oil, and trying to empty the glass by pouring in water (because oil will rise above water and eventually flow over the edges if you add enough water); you now have a clearer and more fluid substance in the glass, but the glass is not empty. To empty the glass, you tip it over and remove as much substance as possible from within it and leave it tipped over for the water droplets on the inside of the glass to eventually leave as well.

~kakkarot

So we are actually in agreeance our terms are merely different. Elephant

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[URL

Xiphre

Hundred-plus Club

A Familiar Feature

\*\*\*

Posts: 149  
Karma: 0

Hundred-plus Club

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Re: Focal Meditation

« Reply #21 on: July 28, 2005, 11:32:28 AM »

Nice article, Ive used this in martial arts. I like to use Focal Meditation in school especially study hall when i have nothing to do i just focus on something for awhile, etc. Afterwards im usually a little bitmore awake in school, but that would make sense since meditation is kinda refreshing your mind. cool

-X-

Logged

Call me X if you will...long storie behind that nickname.

ChezNips

Veritas Teacher

Teacher Emeritus

Posts By Osmosis

\*\*\*\*\*

Posts: 1722

Karma: 7

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Re: Focal Meditation

« Reply #22 on: July 29, 2005, 09:29:24 AM »

I'd like to add that when you are meditating and the fears crop up or you feel emotions like anger, then you are not in a meditative deep state. When you are in that state, its a release of the thoughts that keep you pegging in the time/space factor and not relaxed. You need to either focus on something to keep the mind passively focused or to dismiss stray thoughts insted of engaging in them. The mind will stay in beta or snap back into beta state if a thought is engages such as a fear or thoughts of anger. While meditating the idea is to release the hold of consciousness meaning that we start to notice less and less of where we are sitting, the aches and pains of our bodies, stray sounds, or even the passage of time.

Logged  
some days you're the bug, some days you're the windshield.  
Aos711  
Greenhorn  
A Veritas Regular  
\*\*  
Posts: 65  
Karma: 0

I'm confused....do u really expect me to know why?

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Re: Focal Meditation  
« Reply #23 on: July 31, 2005, 09:13:22 PM »  
how do u achieve void meditation?  
« Last Edit: July 31, 2005, 09:15:11 PM by Aos711 »    Logged  
Agility is the way you run when an angry dog is behind you. shocked  
SleepWalker  
Pool Boy  
Posts By Osmosis  
\*\*\*\*\*  
Posts: 588  
Karma: 2

[Pinkus Elephantus](#)

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Re: Focal Meditation  
« Reply #24 on: August 02, 2005, 02:37:44 AM »  
Quote from: -}Star{- on July 29, 2005, 09:29:24 AM  
I'd like to add that when you are meditating and the fears crop up or you feel emotions like anger, then you are not in a meditative deep state. When you are in that state, its a release of the thoughts that keep you pegging in the time/space factor and not relaxed. You need to either focus on something to keep the mind passively focused or to dismiss stray thoughts insted of engaging in them. The mind will stay in beta or snap back into beta state if a thought is engages such as a fear or thoughts of anger. While meditating the idea is to release the hold of consciousness meaning that we start

to notice less and less of where we are sitting, the aches and pains of our bodies, stray sounds, or even the passage of time.

If you experience something in your meditation you have not before, fear is the expected occurrence.

For example the first time you astral, the fear can be quite extraordinary.

Quote from: Aos711

how do u achieve void meditation?

It is not something that can be achieved in the truest sense, It's more of a concept.

Focal meditation is your best bet.

Logged

How can you explain freedom, never having experienced it.

From the moment we are born we conform to the physical world. In narrow awareness of all that there is to perceive.

Try Tachyon[URL

Gond

New Member

\*

Posts: 3

Karma: 0

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Re: Focal Meditation

« Reply #25 on: August 04, 2005, 04:50:11 AM »

I already use glasses, and maybe two meters can prevent bad things to the eyes, but, if we are supposed to look to a candle with the mind and not exactly with the eyes, then it is supposed not to look really to the candle, but to anywhere close to the candle and focus on the candle, and see it, but not in the middle of the vision camp, maybe on the left upper corner, is this correct, and we aren't looking to the candle, but we are still focused on it, is this correct?

Logged

SleepWalker

Pool Boy

Posts By Osmosis

\*\*\*\*\*

Posts: 588

Karma: 2

Pinkus Elephantus



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Re: Focal Meditation

« Reply #26 on: August 07, 2005, 11:18:08 AM »

To be aware of the candle and to draw focus is the reason for it.

You can invision the candle in your mind as long as you are in awareness of the candle.

Ofcourse if you do not look at the candle you cannot see any results.

Perhaps meditate on the invisioned flame and look at it only when you are manipulating it.

Logged

How can you explain freedom, never having experienced it.

From the moment we ar born we conform to the physical world. In narrow awareness of all that there is to percieve.

Try Tachyon[/URL

Sai Astar

Settling In

\*

Posts: 16

Karma: 0

Laugh, cry, and smell the roses ^\_^

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Re: Focal Meditation

« Reply #27 on: September 24, 2005, 08:44:57 PM »

Question!

What am I to expect from focal meditation? Pardon my noviceness in psionics but what results should I expect and when do I know that I have mastered it? The easiest thing to say would be that I should try it and see for myself, but I just want to know if there is a standard for everyone.

I have worked with psionics without knowing it, just by focusing on objects with my mind for extended periods of time, such as candles, weapons, grass, and other inanimate objects. Is there anything standard or widely excepted about what should happen or what I should feel?

Logged

kobok

Veritas Council

Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4881

Karma: 157

Veritas Council

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Re: Focal Meditation

« Reply #28 on: September 25, 2005, 01:25:43 AM »

Quote from: Sai Astar on September 24, 2005, 08:44:57 PM

What am I to expect from focal meditation? Pardon my noviceness in psionics but what results should I expect and when do I know that I have mastered it? The easiest thing to say would be that I should try it and see for myself, but I just want to know if there is a standard for everyone.

...

Is there anything standard or widely excepted about what should happen or what I should feel?

There are variances in the experience for different people, but the general trends are described under the section "Deep meditation".

Logged

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Fou Lu

A Veritas Regular

\*\*

Posts: 75

Karma: 0

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Re: Focal Meditation

« Reply #29 on: November 22, 2005, 11:02:22 PM »

Can we focus on the object in our mind? For example, can I close my eyes and picture an object, and focus on that? Would that be of any more or less benefit?

Logged

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Author Topic: Focal Meditation (Read 86362 times)

kobok

Veritas Council

Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4898

Karma: 159

Veritas Council

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Re: Focal Meditation

« Reply #30 on: November 22, 2005, 11:52:48 PM »

Quote from: Fou Lu on November 22, 2005, 11:02:22 PM

Can we focus on the object in our mind? For example, can I close my eyes and picture an object, and focus on that? Would that be of any more or less benefit?

Yes, this works too. It's the focus which is important for focal meditation, not the target. External objects to focus on, especially alluring ones, can be much easier to work with when beginning, and provide a more potent method of regaining ones focus. But focusing internally is more convenient in the long run, because you will always have your mind with you, even when you don't have a candle.

In addition to the candle being an object which naturally attracts attention, it provides an ideal transition to kinesis practice, and for this reason makes a particularly useful starting point.

« Last Edit: November 23, 2005, 12:00:09 AM by kobok »      Logged

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Nirioso

New Member

\*

Posts: 2

Karma: 0

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Re: Focal Meditation

« Reply #31 on: December 03, 2005, 01:15:13 PM »

I have a question. It may depend on the person, but...

Would listening to some music help?

Or do you think that'd be too much of a distraction? tongue

and please don't flame me for bringint the topic back to life. ): I hadn't looked at the last date..

Logged

Falcon

Vretsa Dcitoiray  
Posts By Osmosis

\*\*\*\*\*

Posts: 702  
Karma: 1

Veritas Mentor

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Re: Focal Meditation

« Reply #32 on: December 04, 2005, 10:12:31 AM »

The point of Focal meditation is to concentrate on a single point, so music will distract you.

Normal meditation is fine to have a bit of music on in the background!

Logged

Finding some things difficult and need a extra hand, Apply for a mentor that's what were here for <http://forums.vrsociety.net/index.php?topic=9706.0>

Nirioso

New Member

\*

Posts: 2  
Karma: 0

[View Profile](#)

Re: Focal Meditation

« Reply #33 on: December 06, 2005, 04:20:21 PM »

Oh.... that's sort of impossible for me to do. Its pretty noisy at my house.... maybe before bed when everyone else is sleeping... :|

Logged

sarpesius

A Veritas Regular

\*\*

Posts: 59  
Karma: -1

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Re: Focal Meditation

« Reply #34 on: December 16, 2005, 04:31:09 AM »

Anything can be used to focus on.

If there is music focus on one aspect of the music.

You can focus on looking at a single spec of lint on the floor.

Having to fight off the music may increase your concentration.

You can practice mindfulness just walking down the street or doing anything.

You can practice focusing on a single thought.

Logged

In the Middle Ages and Renaissance, the equivalent of shrinks were torturing and burning you. Now you tell people to go to them and think you are being helpful. What a fool you are.

amidos

New Member

\*

Posts: 2

Karma: 0

[View Profile WWW](#)

Re: Focal Meditation

« Reply #35 on: January 24, 2006, 03:24:30 PM »

~TAO~

"Into a soul absolutely free  
From thoughts and emotion,  
Even the tiger finds no room  
To insert its fierce claws.

....

....

Victory is for the one,  
Even before the combat,  
Who has no thought of himself,  
Abiding in the Thoughtless state of True Origin."

The Taoist poet of a by-gone time stresses more and more on the achievement of the

state of thoughtless purity. Clarity of sight and action, that is not rendered impure nor distracted by any way by the waves of thought, in the tranquil lake of Mind, seems to be the loftiest of spiritual ideals. Something akin to the "Nirvikalpam" state of Vedanta, or the beginning of Yoga Sutras of Seer Patanjali. "Yogas-Chitta\_vritti\_Nirodha" ~ meaning,

"Yoga" is the method of obliterating all blemishes or ripples of thought from the mind lake, or Chitta.

Logged  
Spread the spirit of friendship.  
AngryLeprachaun  
Freelance Leprechaun  
Posts By Osmosis

\*\*\*\*\*

Posts: 555

Karma: -1

VERITAS LEP

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Re: Focal Meditation

« Reply #36 on: February 23, 2006, 08:24:06 PM »

I heard or read in this book awhile ago that evil spirits from the underworld or hell, could pass and stay in your body when doing deep meditation. Is this true?

-AngryLep-

Logged  
...:Believe:...  
zaigon

A Familiar Feature

\*\*\*

Posts: 170

Karma: 0

I have been crushed, nothing left to do but rise

[View Profile](#)

Re: Focal Meditation

« Reply #37 on: February 24, 2006, 08:02:53 PM »

AngryLeprachaun, I do not claim to be a meditation expert, heck, all i know is pretty much what i have read from this site, but I do not believe that would be true, or else someone would have mentioned it here or in another topic. If an evil spirit was to inhabit ones body while they are meditating then many of the people here would probably tell you NOT to meditate while it is quite the opposite. But i guess there is a possibility that i may be wrong. I have seen things on TV and such where, while people were meditating, supposedly spirits of the dead came and the meditating person would begin drawing or writing, supposedly with handwriting, writing style, or art style of the spirit that was possessing their body or whatever. Not entirely sure that i believe it, but i'm not entirely sure what to believe these days.

Overall. I'd say no. If someone who has more experience can say otherwise then i'd listen to them.

Logged  
V|e|r|i|t|a|s my antidrug  
AngryLeprachaun  
Freelance Leprechaun  
Posts By Osmosis  
\*\*\*\*\*

Posts: 555  
Karma: -1

VERITAS LEP

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Re: Focal Meditation

« Reply #38 on: February 26, 2006, 08:47:48 AM »

Well, it does seem logical in a way though. When you are meditating, you open you mind and let almost "anything past it". Therefore, if you were meditating and an evil spirit happened to come and pass through your mind and somehow locked itself in your body, then you are so called pocessed. Well, I would like to hear an experts point of view also.

-AngryLep-  
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...:Believe:...  
kobok  
Veritas Council  
Tech Team  
Posts By Osmosis  
\*\*\*\*\*



Posts: 4898  
Karma: 159

Veritas Council

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Re: Focal Meditation

« Reply #39 on: February 26, 2006, 01:57:49 PM »

Quote from: AngryLeprachaun on February 26, 2006, 08:47:48 AM

Well, it does seem logical in a way though. When you are meditating, you open your mind and let almost "anything past it". Therefore, if you were meditating and an evil spirit happened to come and pass through your mind and somehow locked itself in your body, then you are so called pocessed. Well, I would like to hear an experts point of view also.

You let distractions pass by without accepting them, but in actuality, you are focusing and strengthening yourself while doing this. In fact, if you note question 4.3 of the Psi FAQ, you'll see that meditation can actually improve your defense more rigorously and deeply than shielding.

Rather than worrying about being governed by evil spirits though, it is far more insightful to worry about not being in control of yourself much in the first place. People who do not meditate have their lives and choices more frequently governed by distractions, while those who meditate properly end up in more consistent control of their own lives and actions.

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AngryLeprachaun

Freelance Leprechaun

Posts By Osmosis

\*\*\*\*\*

Posts: 555

Karma: -1

VERITAS LEP

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Re: Focal Meditation

« Reply #40 on: March 03, 2006, 04:17:41 PM »

That is what I wanted to hear. Thank you, Kobok.

-AngryLep-

Logged

...:Believe:...:

Psionic

New Member

\*

Posts: 1

Karma: 0

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Re: Focal Meditation

« Reply #41 on: May 21, 2006, 04:35:11 PM »

I have two simple questions I would like to ask regarding Focal Mediation.

1) Does the focal mediation becomes difficult or easier with age? People often starting out later in their lives, is there any difference in access Psi energy when much older?

2) Sometimes people may have physical limitation that interferes the focal mediation and what can they do about this?

I refer to tinnitus (the audio malfunction ringing the ears) and having the body being stiff for long periods of time that could cause discomfort.

Thanks,

Logged

Nothing is your fault.

Everything is your responsibility.

-- Louix Dor Demprier

kobok

Veritas Council

Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4898

Karma: 159

Veritas Council

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Re: Focal Meditation

« Reply #42 on: May 21, 2006, 09:15:09 PM »

Quote from: Psionic on May 21, 2006, 04:35:11 PM

1) Does the focal mediation becomes difficult or easier with age? People often starting out later in their lives, is there any difference in access Psi energy when much older?

Age has no fundamental effect. But there is a tendency for young people to not be used to sitting still for long, moreso in some cultures than in others. This is made irrelevant by a little dedication and practice, after which one just becomes used to it.

Quote from: Psionic on May 21, 2006, 04:35:11 PM

2) Sometimes people may have physical limitation that interferes the focal mediation and what can they do about this?

I refer to tinnitus (the audio malfunction ringing the ears) and having the body being stiff for long periods of time that could cause discomfort.

Fundamentally, tinnitus should have no more effect than you permit it to have, as this would be the same as any other background sensation that you learn to ignore as you are focusing on the target. To make this easier for beginners, there are a few steps you could take which should reduce the effect of tinnitus while meditating, such as the presence of a metronome or of background white noise.

As for the body being stiff, find ways to make it comfortable. You could even do focal meditation in a heated spa. And if necessary it is acceptable to shift positions slightly every 10-15 minutes or so. The distraction from this will be minimal and with practice you should be able to quickly return to your previous depth.

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[cloudrise](#)

New Member

\*

Posts: 1

Karma: 0

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Re: Focal Meditation

« Reply #43 on: April 11, 2007, 02:23:45 PM »

quick question. i just started on this and after a while the wall and stuff sitting behind the candle started to turn black and i couldnt see it. all i could see was the candle. but this effect only lasted for a few seconds before the background came back into focus. is this normal for a first timer??

Logged

Tsumaru

Posts By Osmosis

\*\*\*\*\*

Posts: 1780

Karma: -1

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Re: Focal Meditation

« Reply #44 on: April 11, 2007, 07:02:04 PM »

This is perfectly normal for everybody and shows that you're doing the meditation properly (ie, you're not moving your eyes around or adjusting focus etc) In fact, as you continue to progress you'll probably notice a few trippy things like that happening. Just remember to keep gazing at the candle and don't get distracted as these occur due to the focus and will stop when you break that focus.

Logged

Quote from: Hech on November 19, 2008, 03:59:48 PM

don't believe everything you read... especially if it comes from me.

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Author Topic: Focal Meditation (Read 86353 times)

Winds mover001

A Familiar Feature

\*\*\*

Posts: 103

Karma: 0

View Profile

Re: Focal Meditation

« Reply #45 on: April 11, 2007, 09:22:18 PM »

At the beggenning of the article, I think kobok hit the nail in the the wall, or how should I  
say it the neuron to spark... Meditation is the way. I also caution to the wind fro  
personal experience that that can open good and bad doors. You simply need to learn  
how to do it. It's like anything in life, you either have a "knack" to learn it or you won't.  
Some can be apprentices or masters. You just have to put your mind to it, and you can

do it.

In earlier posts it was asked if music can help this. I think that depends on an individual basis. Music can also be a learning experience. I'd like to quote a few words from a song, if I may, and please correct me if I'm not allowed to do that.

...."the man who will cover for Don Juan's old soothsayer. An appeased has been reached with the teacher of the rich..."---Performed by PET SHOP BOYS song title: "Don Juan" from the album "Alternative"

« Last Edit: April 11, 2007, 09:31:04 PM by Windsmover001 »      Logged

kingdom

New Member

\*

Posts: 4

Karma: 0

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Re: Focal Meditation

« Reply #46 on: April 24, 2007, 12:33:05 PM »

what is meditation ive read lots of articles and i concluded that its just clearing your mind for a peirod of time but how does that help psiioncs

Logged

Felidae

A Veritas Regular

\*\*

Posts: 74

Karma: 16

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Re: Focal Meditation

« Reply #47 on: April 24, 2007, 09:26:07 PM »

Meditation is a fairly broad term for a series of disciplines wich have the end result if noit the goal-some forms of meditation especially are almost anti-goal, and focusing on the goal rather than the practice in the rest is an issue- of developing the awareness. Since psionics is based upon leaning to use ones base awareness and then extend it outwards to explore the realm of consiousness and intersection with physical, meditation is of primary importance.

Logged

Dimentio

New Member

\*

Posts: 1

Karma: 0

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Re: Focal Meditation

« Reply #48 on: May 13, 2007, 03:54:06 PM »

Tinnitus was mentioned earlier.

Aside from white noise or a metronome, you could also try binaural beats. They have been shown by several studies to influence brainwaves, which is really good for beginners. Not to mention it could help block off background noise.

Gnaural is a free program that generates these beats. It runs under Windows and Linux, and can let you customize the beats however you wish. For those who don't want to download , go through the hassle of compiling it themselves, or those who use Macintosh OS X, there is also a java version. It's a bit like the Ganzfeld Meditation Applet. (But it doesn't have the cool swirls Sad)

I have wondered about over-dependence though, so I suggest practicing without it as well.

« Last Edit: May 13, 2007, 04:08:02 PM by Dimentio » Logged

Frostlock

Settling In

\*

Posts: 13

Karma: 0

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Re: Focal Meditation

« Reply #49 on: October 17, 2007, 08:18:34 AM »

Sorry for ignoring the out of date thing..lets say i can now deep meditate easly and i do it very well..what would be the next step in learning psi?

Logged

Secret Rose

New Member

\*

Posts: 7

Karma: 0

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Re: Focal Meditation

« Reply #50 on: November 22, 2007, 06:44:37 PM »

Tinnitus was mentioned earlier, I have tinnitus and vertigo (dizziness) and I don't seem to be bothered with that as long as I don't concentrate on it. I don't know why but the past couple of days I've kind of been zoning out really quickly as if in meditation, for no reason. Like I'll be putting something into the refrigerator and then I won't really be aware of my surroundings and time seems to pass by very slowly. Or if I'm looking at something my eyes will automatically defocus from everything for awhile. <---What does this mean?

Also, when I get dizzy spells sometimes I'm almost automatically placed into a meditative state because I can't really focus at all on the things going around me, and I can't do anything but just sit and basically do nothing. I can't process thought either. But I'm positive this isn't exactly a meditative state.

Sorry for the length of my post, but I have one more question, Would meditation possibly calm down an asthma attack? Or would it be too hard to reach that state of mind in that condition? I have recurring asthma and sometimes my medication does not always work.

Thank you for your help!

~Secret Rose

Logged

BohmaN

A Veritas Regular

\*\*

Posts: 83

Karma: 0

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Re: Focal Meditation

« Reply #51 on: April 13, 2008, 01:55:47 PM »

I've heard from some people that letting your eyes focus on a distinct point could cause retinal damage if done too much. Is that true?



Logged  
Bad Warrior  
A Familiar Feature  
\*\*\*

Posts: 103  
Karma: 0

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Re: Focal Meditation  
« Reply #52 on: April 13, 2008, 05:54:57 PM »

From simple biological view, it's not.

Focusing your view on a distant point is made by lens in your eye changing it's shape.

Unless you spend 5 years of nonstop focusing on distant shapes, nothing will happen.

Of course if after focusing you look at things close to you, to make your lens go to other shape.

You should look about the same amount of time at distant and close points through your life, and if you don't have any eye worsening genes and you eat well, your eyes should be good Smiley

[with age lenses tend to congeal (people say it's because you dont eat butter ) and you may see worse, at this point of view

"letting your eyes focus on a distinct point could cause retinal damage if done too much" but only if you do it really much]

Do you understand, or should I post here how lenses in eyes shape to let you focus on distant and close shapes?

Logged  
In vino veritas!  
wneo1982  
New Member  
\*

Posts: 1  
Karma: 0

925553303303

[View Profile](#)

Re: Focal Meditation

« Reply #53 on: September 24, 2008, 12:33:02 AM »  
now i know why i was awake for 4 contiues days Smiley

Logged  
supadude  
Super Villain  
Posts By Osmosis  
\*\*\*\*\*

Posts: 822  
Karma: 16

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Re: Focal Meditation

« Reply #54 on: October 15, 2008, 12:43:15 PM »

Ive always had a problem with meditation, i never seem to be able to go into that meditative state of peace, i know your not waiting for any particular outcome of it, it just seems that i can go in, but never any deeper =/

Logged  
[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)  
A must see study for all!

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Big Boss  
Friggen Crazy  
Posts By Osmosis  
\*\*\*\*\*

Posts: 1458  
Karma: 3

Owner of 100000 V-Points

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Re: Focal Meditation

« Reply #55 on: October 15, 2008, 02:27:57 PM »

There seems to be this common misconception about meditation round these parts. The esoteric "ZOMG I can meditate for 12 hours on end and no one can interrupt me while I do the splits and MEDITATE and find my place in the universe blah blah blah" is a meditation saved for Monks and Yogis who do nothing BUT meditate for 12 hours a day. You will not achieve perfect Zen meditation in 15 minutes, or even 15 months.

Look at 15+ years to get the meditation everyone thinks we are talking about on Veritas.

Focal meditation is just that. It is sitting down for a bit and clearing your mind of everything but one singular thought process. In this article, the example is clearing your mind of everything except the flame you are staring at. When you are attempting kinesis, your single thought is on kinesis. When you are building a construct, you think of nothing but the construct. You are developing focus on one thing. It will not be perfect in one day. You may even struggle for a few moments at a time after practicing for a few months, but if you are focusing better after fifteen minutes of following kobok's advice, you have succeeded in at least a small way and are on the fast track to improvement.

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supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 822

Karma: 16

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Re: Focal Meditation

« Reply #56 on: October 16, 2008, 11:14:37 AM »

lol, i see your point, but couldnt hemi-sync cd's help with that?

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

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Big Boss

Friggen Crazy

Posts By Osmosis

\*\*\*\*\*

Posts: 1458

Karma: 3

Owner of 100000 V-Points

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Re: Focal Meditation

« Reply #57 on: October 17, 2008, 03:29:22 AM »

Give them a try. Some people say they work, others say they are a distraction. My only suggestion would be a word of caution against relying on a crutch to meditate. It'd be like a band that got really good while they were high, and then when their big show came up, they couldn't find any drugs so the show sucked. Sure, maybe the drugs inspired their creativity, but without it, they lost everything.

That's probably not the best metaphor, but I think you get the idea.

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supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 822

Karma: 16

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Re: Focal Meditation

« Reply #58 on: October 23, 2008, 08:16:53 AM »

Quote from: Big Boss on October 17, 2008, 03:29:22 AM

Give them a try. Some people say they work, others say they are a distraction. My only suggestion would be a word of caution against relying on a crutch to meditate. It'd be like a band that got really good while they were high, and then when their big show came up, they couldn't find any drugs so the show sucked. Sure, maybe the drugs inspired their creativity, but without it, they lost everything.

That's probably not the best metaphor, but I think you get the idea.

yes, but you could look at the crutch as a help for a man too weak to walk, so he uses the crutches to support him until he is able to stand on his own.

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[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

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disciple of the ages

Settling In

\*

Posts: 30

Karma: 0

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Re: Focal Meditation

« Reply #59 on: January 01, 2009, 05:31:19 PM »

I never knew this type of meditation existed, but I did this all the time as a child. I had very bad ADD (still do tongue) but I would always focus on a specific light in my room and everything else would grow exceedingly dark, until nothing else existed in my visual area. In this time, there were many concepts that came to me. I should try doing this again with the candle. Thanks for the original post kobok!

Logged

If you're passing by, feel free to give me a click every so often!

A wise man speaks because he has something to say, a fool, because he must say something. ~ Plato

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Author Topic: Focal Meditation (Read 84456 times)

Dazza

Settling In

\*

Posts: 45

Karma: -3

Rise up and become light!

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Re: Focal Meditation

« Reply #60 on: January 01, 2009, 06:51:23 PM »

Quote from: supadude on October 23, 2008, 08:16:53 AM

Quote from: Big Boss on October 17, 2008, 03:29:22 AM

Give them a try. Some people say they work, others say they are a distraction. My only suggestion would be a word of caution against relying on a crutch to meditate. It'd be like a band that got really good while they were high, and then when their big show came up, they couldn't find any drugs so the show sucked. Sure, maybe the drugs inspired their creativity, but without it, they lost everything.

That's probably not the best metaphor, but I think you get the idea.

yes, but you could look at the crutch as a help for a man too weak to walk, so he uses the crutches to support him until he is able to stand on his own.

About hemisync, the gateway experience in particular, I used to practice these a couple of years ago and if you are doing them properly they are seen as training wheels which

are to be dropped when you don't need them anymore. In fact when I tried the technique by itself without audio I was surprised to find it worked even better than usual! I guess it was because I had become used to it in some degree and I could also go at my own pace.

But back to topic, I would recommend it for lucid dreaming and getting into the body asleep/mind awake stage but not focal meditation. Patience and consistency will help you get into deep meditation.

Logged  
Epsilon Rose  
Settling In

\*

Posts: 14  
Karma: 0

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Re: Focal Meditation

« Reply #61 on: March 01, 2010, 10:26:21 PM »

Sorry for resurrecting this topic but it seems to be the best place for questions about focal meditation.

I'm just starting and I'm using an ace of spades as a focus because candles don't work for me for various reasons and I've come up with three questions that I was hoping to get some help sorting through:

1. what's the difference between just staring at some thing and not thinking about other things and focusing on something?
2. I get to a point where every thing but the card disappears into a black field with a strobing pattern, but it quickly goes back to what it was directly before(every thing around the card looks like it was rendered by a glitching graphics card) or normal, and blinking extra or breathing deeper make it disappear faster (through out this the card is at least as clear as normal, sometimes the wight parts become slightly luminescent). So this actually results in two questions: a) is this supposed to happen and b) if so why does it keep going away?
3. my eyes tend to get slightly dry and very teary which causes me to blink extra and harder which disrupts my focus, any tips on preventing this?

thank you

Logged  
"Embrace nothing: If you meet the Buddha, kill the Buddha. If you meet your father, kill your father. Only live your life as it is, Not bound to anything" -Gautama Siddharta  
kobok

Veritas Council  
Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4883

Karma: 157

Veritas Council

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Re: Focal Meditation

« Reply #62 on: March 14, 2010, 08:45:46 PM »

Quote from: Epsilon Rose on March 01, 2010, 10:26:21 PM

1. what's the difference between just staring at some thing and not thinking about other things and focusing on something?

Not thinking simply describes what's not happening. Focusing is actually DOING something, because one's attention is actually asserted toward the thing. This is in some sense an active process.

Quote from: Epsilon Rose on March 01, 2010, 10:26:21 PM

2. I get to a point where every thing but the card disappears into a black field with a strobing pattern, but it quickly goes back to what it was directly before (every thing around the card looks like it was rendered by a glitching graphics card) or normal, and blinking extra or breathing deeper make it disappear faster (through out this the card is at least as clear as normal, sometimes the wight parts become slightly luminescent). So this actually results in two questions: a) is this supposed to happen and b) if so why does it keep going away?

This is quite normal, so you shouldn't be concerned. You also shouldn't worry about it coming or going too much, because the focal meditation is ultimately not about these transitory visual effects. They just often happen as a side-effect of the normal process.

Quote from: Epsilon Rose on March 01, 2010, 10:26:21 PM

3. my eyes tend to get slightly dry and very teary which causes me to blink extra and harder which disrupts my focus, any tips on preventing this?

Yes, relax your eye muscles, and also allow your eyes to blink normally. You do not focus with your eyes, you focus with your mind.

Logged

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New Member

\*

Posts: 1

Karma: 0

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Re: Focal Meditation

« Reply #63 on: August 02, 2010, 11:37:23 AM »

Hello,

Wow this is really very good information. i really didn't have enough information about this Focal Meditation. but after knowing this i will also try this. thanks for this wonderful information.

thanks!!

---

guided meditation

Logged

AriesofGod

Settling In

\*

Posts: 10

Karma: 0

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Re: Focal Meditation

« Reply #64 on: September 17, 2010, 09:10:00 PM »

Wow! I had been looking so forward to this since about Wednesday. I legitimately have not had 'all that' much time for it and most definitely have not been feeling well, considering I just recently came down with one of my seasonal sinus infections :^( It surely has only gotten worse since then, and so has my attitude. But as I am a strong believer in consulting the tarot they have never led me wrong and encouraged me to keep fighting.

I didn't have a candle, but I after relieving some stress ^^ and a hot shower, there was no doubt in my mind that NOW was the time. I sat, where I know will be the clearest area of my house and bedroom, kept on the dimmest light I have ( a not too dim lamp, or not dim enough rather ) and sat on the floor, NOT intending to necessarily do any focal meditation. After having read a slight bit about kundalini and watching the youtube video I saw in the 'kundalini' post, I decided it would be best to just get

comfortable ( in a position I was hardly comfortable in on a hardwood floor ) , clear my mind and gradually work myself into comfortability and different rhythms of breathing as it felt right. Side Note: I am NOT a major or regular practitioner of, well, anything really, though in the past five years I have done a considerable amount of dabbling in 'AP,' a bit of shamanism ( I know, lol, it's not really shamanism if it's just ' a bit' ), Tarot ( I only recently found great use for it ), a considerable bit of magick reading, color breathing, quite a good amount of meditating on and off ( it's become a great assistant in falling sleep, clearing my mind very quickly ), and, admittedly I have taken a couple of formal Tai Chi courses. Some of my teachers and 'advisors' ( not of the Astral sort ) have expressed that I have an aptitude at particularly, controlling my energy ( for my noviceness that is ), and healing ( been doing deep massages since I was 6 ), and in my personal opinion my most cultivated skill, meditating ( focus of the mind, self-control ).

As is typical ( except for position/posture ), my mind went blank. Thoughts, passed easily, quickly, yet constructively ( as much as it can be in meditation, not like I was focusing on particular concepts ). I breathed deeply, and my consciousness, very gradually, faded. A lot of shifting was necessary, but I didn't break my meditation ( eyes still closed ) or let the uncomfortable thoughts get to me, I simply shifted to whatever made me feel more comfortable and continued breathing in a rhythm accordingly. Images of the Kundalini CGI video passed through my mind as I shifted and thoughts of the snake seemed fitting for the concentrated pain in my spine and legs, so I continued to shift and breathe. I have only had cursory glances at the hand postures for the yoga chakra meditations, but they proved to be helpful.

I know, this post is going to be long, but I'll say once now, and again at the end, that I go into so much detail because these are things that I would have liked to have known prior to the meditation as someone who has only dabbled/read here or there and would quickly lose confidence because of the uncomfortability.

I continue, my legs were shaking in this unfamiliar posture, so for a time, I had to lightly, but in a controlled manner, grip them, and continue shifting. This proved not to be detrimental, or a distraction, and ended up being very helpful. As I shifted it was apparent that I was lining up my chakras and, as the meditation deepened, the energy ( and slight pain ) continued to advance up my spine. The meditation again deepened and this is where my little knowledge of hand postures came into play. After enough shifting, my legs were shaking much less and I was considerably more comfortable... enough to settle my hands on my legs, near the knees, thumb and forefinger touching. Little adjustments in every little thing are key. You will not lose focus, and I encourage you to stick with it. I allowed even the nicotine fits to pass through as I continued to breathe good wholesome air. As the meditation continues to deepen, the pain of my body begins to become less important. I remember the power I can embrace within me, and the pain in my spine near my solar plexus becomes firm resolve. Yes, I shift yet again, and many times more ( up to a certain point, which still I allowed a little shifting ). With this focus on my solar plexus and a new sense of balance now maintained ( it did take time, take your time, it absolutely did not come easy. I just took

my time and continued to breathe. ) I realized that my hands seem to play a role in my balance, and the significance of these mysterious hand gestures became more clear. I shifted, and moved my hands beneath my solar plexus, left palm up, fingers curling my right hand; my right hand, a fist. I moved on, eventually, to my heart, with my hands in front of it, so as to hold my energy moving up. My right hand closest to my chest, only my thumbs of my left and right hands crossed ( like a butterfly ). Felt like a bird carrying my energy above my heart and making it lighter. Now, all pain left my legs ( and numbness left my awareness ) as my energy moved up to my collar bone and opened my throat. Remembering truth, remembering -my- inner music, something I needed to focus on for me personally ( as well as being firm in my solar plexus ).

Another Note: moving the hands, to the heart and every point forward was necessary to continue the flow of energy. Also IMPORTANT: Once at this point, your hands are to significant to lose their posture, any shifting must be subtle slides of the legs, my right leg shifted forward slightly, involuntarily, from that point forward what pain and uncomfortability meant little, and I was forced to continue pushing, or else give up, which would've taken a while to do with any benefits, so it's best just to push, it does get better. I could feel my crown calling me, begging for my triumph, but my will was near ready to falter, but I could not give up. I shifted my hands in front of my throat and pointed up with both forefingers meeting. This did the trick, maybe about ten minutes or so and spent in my third eye and my crown. I know my crown is undeveloped, but was a grateful for what I got to experience. My breathing, was full ( not to say that sometimes it wasn't a bit quicker, and shallower, it does shift according to your needs, even at the higher chakras ), my chakras as open I was willing to get them. I closed by letting my hands go free, allowing my chakras to 'close' one by one, and some slight shifting. Holding my legs again, whatever is comfortable. Okay so I did some yoga, yay for me, that was fun. I can do some focal meditation later I guess. I opened my eyes, a little quicker then I expected, and then realized.. "NOPE, WRONG!"

My vision had a sort of pulse to it. Things were blurred on the edges, but the phenomena was constantly shifting, and there was a bit of water in my eyes. I kept breathing, this felt to good, just a little longer. Then, on the wall, noticed a little flaw on it, right next to the floorboards, like a little wrinkle. It came into focus, and blurred out, and my vision was just shifting like crazy, but my eyes stayed focused on the little, dented, deformed, flaw. So many things it looked like, a geometric shape, a deep crack, it did not matter, this was my focal point. I did a little ten minute focal meditation on a golden button on my bag I take to work on the bus the other day. It was very relaxing, but when you are in a group of people that are very much a different culture than you, and there's maybe but you and another of your 'stereotype,' it can appear very harsh, cold, and offensive. Now, let me tell you, the easy part starts there and then, staring at the wall. You're eyes can close, blink, whatever, you can shift, just don't close your eyes for long and keep focusing on this little point in your reality, even if you can't see it or can hardly make it out. Don't get distracted by the texture of the wall as it comes into focus, or even the well defined architecture of the floorboard as it begins to blur, and define, and take on a new meaning. All you care about it buried deep within that little point. I also saw colors, started to feel different parts of my brain, and then heard a low, but defined tone; and began to feel it, too. I feel the progression through

the deeper stages are explained very well by the author of this article, but, once you start to get to the higher frequencies things start to get tricky. It almost feels as if it has all gone away, but something keeps developing, and pushing you forward. You have felt all of the way out to high, quick frequencies, with very focused changes in your vision and a learned self-control. It really does seem like you can go on like this forever and continue to allow your perception to shift this way, keeping in mind you are gathering information about what exactly your 'soul' is. But the next exciting part is coming back down.

You can learn the most about yourself, now that you've experienced this high frequency of energy, and gathered so much of it as you gather it in to your self before putting it down through the ground. It is when you breathe in and think of your self, that you truly begin to feel yourself and different parts of yourself.. and once you put the energy back out around you, you can even begin to learn even more. The entire experience as a whole was nothing short of convincing, evolving, and phenomenal. Thank you, Lord, for guiding me to this way of doing things, and thank you also, kobok, Kettle, and vsociety as a whole for all of the encouragement to start basic and refine your skills gradually. I look forward to becoming more away of my self and and gaining, permanently, some of the abilities I seemed to experience during this meditation. I'm not exactly kineting at this point, and I possibly never will work with the Psi abilities like I intend to work with magick, but I hopefully say that I'm starting on the right foot for both.

Thanks again, Yours Truly,

Justin.

Logged

Shiki

New Member

\*

Posts: 4

Karma: 0

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Re: Focal Meditation

« Reply #65 on: August 12, 2011, 12:46:38 PM »

Hello,

I tried to start meditating lots of times, but with some deplorable results. It seems I just can't get focused, the more I try, the more my mind wanders, or I start thinking about a music (And just CAN'T get it out of my mind, it's annoying Bashing your head against a wall), so I gave up for a time. More recently, one friend pointed out that I may have ADHD-I, but while I search for professional help about this I wanted to keep trying. Any hints about what should I do?

Also, one day I tried using earplugs, since there are all kind of distracting noises here. After a time staring the candle, a loud tinnitus started to distract me from it. It got even louder when I focused on it, and resembled me of binaural beats or something like that. Is that normal?

Sorry for resurrecting the topic.

Logged  
`Nazukarr  
Posts By Osmosis

\*\*\*\*\*

Posts: 627  
Karma: 14

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Re: Focal Meditation

« Reply #66 on: August 13, 2011, 09:13:42 PM »

At the end of the day, the solution is to simply suck it up and focus. That sounds harsh but you will find that eventually it will be easier to tune out distractions. Even during your meditation when you're completely irate from not being able to focus, as long as you're staring at the candle for 45 + minutes, you're doing your job. What I found during my first couple of practices is that even though my mind seemed to be jabbering away the whole time, by the end of my 50 minute block, I was far more focused than at the beginning of my practice. That's an accomplishment. My thoughts were very streamlined when I attempted to watch TV or read after. Eventually, I started to actually experience a significant amount of practical success. So, whenever you find yourself frustrated with the distractions, just power through and keep staring at the candle. Hopefully you'll experience even a small amount of success after doing so and you'll stop being frustrated.

Logged  
"I am not this hair, I am not this skin, I am the soul that lives within."

Shiki  
New Member  
\*

Posts: 4  
Karma: 0

[View Profile](#)

Re: Focal Meditation

« Reply #67 on: August 15, 2011, 04:13:25 PM »

Thanks for the help Smiley.

Logged

Midas

New Member

\*

Posts: 1

Karma: 0

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Re: Focal Meditation

« Reply #68 on: September 14, 2011, 03:13:36 PM »

Can I do the candle meditation with a tealight? And is there an alternative to candles and fire?

Logged

Mindlessinvalid

Posts By Osmosis

\*\*\*\*\*

Posts: 1205

Karma: 10

Crazy and Can't Get out of Bed

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Re: Focal Meditation

« Reply #69 on: September 14, 2011, 04:01:00 PM »

well duh, focal meditation itself is just focusing all of your attention on an object. it's inherently easy to do that with fire, but you could use a pencil or a coin instead.

Logged

Clothes make the man, and naked people have little or no say in society.

Hellblazer

Posts By Osmosis

\*\*\*\*\*

Posts: 1423

Karma: 84

Truth is Subjective unless it's Fact

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Re: Focal Meditation

« Reply #70 on: September 14, 2011, 04:17:52 PM »

A button sized black dot centered on a white sheet of paper, a spot on the wall, a door knob, a flower, etc. Really the whole point of focal meditation is to fix one's attention onto something. To learn how to focus the mind and will.

Logged

I am not the man I once was.

Robin

Posts By Osmosis

\*\*\*\*\*

Posts: 1002

Karma: 32

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

« Reply #71 on: September 15, 2011, 08:56:15 AM »

Quote from: Midas on September 14, 2011, 03:13:36 PM

Can I do the candle meditation with a tealight? And is there an alternative to candles and fire?

As BubbaFett and Mindlessinvalid already pointed out, yes, you can use another object of focus. Notice that kobok already says so in the original article: "If you are unable to do this [= practice with a candle], substitute the flame in the following description for the focal object of your choice." Read, people. wink Nevertheless, I would advise using a candle flame if at all possible. The very simple reason for this is that trying to focus for prolonged periods of time on a static object tends to be more difficult. I, at least, daydreamed a lot as a beginner while trying to focus on dots on walls, doorhandles and all sorts of odd objects I used to focus on.

Logged

Imperio

Settling In

\*

Posts: 12

Karma: 0

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Re: Focal Meditation

« Reply #72 on: September 22, 2011, 05:32:09 AM »

What PSI means ?

Logged

Willi

Veritas Furniture

\*\*\*\*

Posts: 325

Karma: 7

[View Profile](#)

Re: Focal Meditation

« Reply #73 on: September 22, 2011, 02:26:33 PM »

Quote from: Imperio on September 22, 2011, 05:32:09 AM

What PSI means ?

As far as I can remember, psi is short for parapsychology.

Logged

Mindlessinvalid

Posts By Osmosis

\*\*\*\*\*

Posts: 1205

Karma: 10

Crazy and Can't Get out of Bed

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Re: Focal Meditation

« Reply #74 on: September 22, 2011, 06:49:42 PM »

Quote from: Imperio on September 22, 2011, 05:32:09 AM

What PSI means ?

Psi is the greek letter that is used to designate a variable that cannot be empirically ascertained. thus its used in parapsychology research alot.

Not to be confused with psy (which is a corruption of the word psyche, meaning soul)

Logged



Clothes make the man, and naked people have little or no say in society.

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Author Topic: Focal Meditation (Read 84455 times)

Robin

Posts By Osmosis

\*\*\*\*\*

Posts: 1002

Karma: 32

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

« Reply #75 on: November 19, 2011, 07:58:52 AM »

Quote from: Eranda43 on November 19, 2011, 06:10:44 AM

Nice..the basic idea is correct..but in actuality you want get anywhere with this unless you know what you are doing. Meditation is not something you play with and without proper guidance you wouldn't even know where you'll end up. Meditation is perfectly safe and in the case of focal meditation perfectly straightforward.

Quote from: Eranda43 on November 19, 2011, 06:10:44 AM

Do you even know why we meditate looking at a candle? If you really want to attain any so called abilities you must first attain a certain mental state. In buddhisam we call it "dyana". There are four such states. Each with a higher energy than the other. Well you can't call it energy really, cos you don't really know what it is. All i can say is that you feel something rising up your spine and your upper body starts to vibrate methodically. And also it becomes rigid and straight, automatically. You just sit there and shake while you feel like you find yourself on a clear early morning (sort of the feeling you get when you go outside at around 4 or 5 AM). Its a wonderful sensation but you want get any special powers i assure you Smiley Try meditating on your breathing, at the point between your nose and mouth. Just look at it with your mind. Don't follow it, just know its there. If you do it correctly, you'll know what i'm talking about. And if you want to go deeper, come to Sri Lanka, and you'll get something much greater than just psi powers..

I'm trying to think of the best way to reply to this. Did you even read the article? For example, "do you even know why we meditate looking at a candle?" is a foolish question, as kobok gives an answer to that very question in his article. No esoteric stuff mentioned, just the fact that it's much easier to concentrate on. Also, if you want to do advertising for another type of metaphysical practice, please do so at a separate thread.

Logged

Robin

Posts By Osmosis

\*\*\*\*\*

Posts: 1002

Karma: 32

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

« Reply #76 on: November 20, 2011, 05:24:04 AM »

Quote from: Eranda43 on November 19, 2011, 08:07:14 PM

You don't look at a candle and meditate because its easy to concentrate on.

You do. Though perhaps even more important is that the candle flame is one of the best kinesis targets for a beginner.

It appears to me you haven't read the article. Let me show you: "The most basic focal meditation is simply to select an object and stare at that object, focusing all of your thoughts and awareness on that object. Any object will do for this; it can be as simple as a spot on the wall or a dot drawn on paper. The best objects to select are the ones which help to draw your attention. One example of an object which does this for many people would be a crystal. However, the best object for focal meditation in psi seems to be the candle flame."

Quote from: Eranda43 on November 19, 2011, 08:07:14 PM

If you tried it, you would have noticed how your eyes hurt after some time.

If your eyes hurt, you're sitting too close to the candle. Also, you should focus with your mind, not your eyes. Kobok has already said this here and here.

Quote from: Eranda43 on November 19, 2011, 08:07:14 PM

The purpose of looking at the flame is to blah blah blah

No, it's not. Kobok posted this article and described a specific psi meditation technique that involves focusing on a candle flame. It is just silly to walk in here and pretend that the purpose of this exercise is different from what kobok - the person who thought of the exercise in the first place - wrote about it. If you use a different technique to achieve whatever you want to achieve, that's fine. But please don't pretend, not even to yourself, that people practice the same thing you do just because you want them to.

Logged

Mammon

Settling In

\*

Posts: 14

Karma: 0

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Re: Focal Meditation

« Reply #77 on: November 20, 2011, 11:16:30 PM »

ill have to disagree with you on one point... don't let yourself fool you.... in my opinion, your reality is what you believe....if you believe something through to your bones...to you ABSOLUTE core then nothing is impossible... it just takes time to train yourself out of what society has already trained you to believe and whats taught when your a child and reinforced through years of teachings and thoughts that such things are not possible... but if you train yourself to believe and you overcome your childhood teachings then nothing is outside of your grasp... but thats just my opinion...

Logged

There is a pleasure in the pathless woods,  
There is a rapture on the lonely shore,  
There is society, where none intrudes,  
By the deep sea, and music in its roar:  
I love not man the less, but Nature more,  
Lord Byron~

Robin

Posts By Osmosis

\*\*\*\*\*

Posts: 1002

Karma: 32

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

« Reply #78 on: November 21, 2011, 12:18:40 AM »

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM

Ok then, let me ask you this. Did you achieve any deep meditation states through this?

Yes. I achieved the deep meditation state described in this article. I did not achieve deep meditation as described by you. I repeat, that was not the purpose of this exercise.

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM

And also you should know that kobok wasn't the one who thought up this exercise. This is written in buddhist scriptures long long time ago. He got the general idea, i'm just blah blah blah again

Let me give you a hypothetical example. Suppose I were the first person to think of basketball and was playing it with a couple of friends. Now, netball has a different set of rules, primary among them that you're not allowed to move when holding the ball and you're only allowed to be on certain areas of the court depending on your playing position. Therefore, someone who plays netball and has not heard of basketball will probably see this and tell us "well, you're getting the general idea, but you should do it

more like this; also, it's dangerous when you're all running on the court like that!". A reaction like that is understandable. However, when the basketball players clarify that they're, in fact, not playing netball and using a different set of rules, the netball player should shut up about his game. When someone's playing a different game, it's stupid to complain that they're not following the same rules. And when compared to your buddhistic meditation, dynamic psi is a very different game.

I did not say that kobok was the first person ever to think of meditation with a focal point. That's obviously untrue. What I did say was that "focal meditation" is a specific psi technique kobok thought of. What this means is that, sure, there are plenty of meditation techniques, and no doubt many of them are very similar; Kobok's article, however, was made with the practice of psi in mind. This is why I'm 'hanging on to every word of this kobok person' in this thread, it's relevant! These buddhist techniques are not. You can't just walk in on someone who practices a different paradigm, and tell them they've 'got the general idea' of your paradigm.

Logged  
Robin  
Posts By Osmosis

\*\*\*\*\*

Posts: 1002  
Karma: 32

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

« Reply #79 on: November 21, 2011, 10:10:26 AM »

Quote from: Eranda43 on November 21, 2011, 07:54:35 AM

There are no different games..Its the same game, same arena..

When there are different rules and different goals, how can you keep saying it's the same game?

Obviously there are certain rules that apply to all games. I never said there weren't. You, however, seem to think that all games must necessarily use all the same rules; that whenever a game doesn't use your set of rules, people are doing it 'wrong'. If this is what you think, I invite you to explain why there are so many different metaphysical paradigms.

Also, you seem to be under the impression that I do not want to try out your paradigm. This has nothing to do with what's being discussed in this thread. As a matter of fact, I have some years of experience with more mystical forms of meditation, and the meditation you described is no exception. I would not presume to be a master of any

such technique, but neither am I a stranger to it. However, this thread isn't about any of that. This thread is about focal meditation, a psi technique. Therefore, we won't discuss my willing- or unwillingness to participate in other paradigms in this thread.

Last but not least, your post has some logical issues. At first you say that there are no different games, yet later on in your post you say 'your reality is what you believe'. The underlying problem here is that the latter implies that everything is subjective (even though that statement is in itself an assertion of objectivity, but we'll ignore that for a moment), even though you just said that there are no different games - which implies objectivity.

(You can easily contact kobok via PM, by the way.)

Logged  
kobok  
Veritas Council  
Tech Team  
Posts By Osmosis  
\*\*\*\*\*

Posts: 4883  
Karma: 157

Veritas Council

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Re: Focal Meditation

« Reply #80 on: November 21, 2011, 12:58:44 PM »

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM

If you don't believe me, ask kobok yourself where he got this exercise from.

I made it up, based almost entirely on my own self-discoveries from staring at candle flames. Just, I was not the first person to come up with a meditation exercise involving a candle flame, and I will not be the last person to do so. It is such a potent approach that it is regularly rediscovered.

Quote from: Eranda43 on November 20, 2011, 08:38:38 PM  
Meditation was originated in india

I highly doubt that. I suspect meditation predates the presence of our species in India. I think you'd have a hard time finding a culture from anywhere on the planet that doesn't have some form of meditation in it. The form you have learned from Indian culture is just fine, but it is not the only functional approach. The form I present here has been specifically tailored and tuned as a meditation approach ideal for learning psi, and it has

worked well for this purpose for quite a lot of people so far. Perhaps there is a superior approach, and if there is I'd like to see it, but I've been doing this for a while in the presence of the excellent information exchange which is the internet and I haven't seen a more ideal approach yet.

I've spent a lot of time practicing breathing meditations as well (which I also suspect predate human presence in India, as they are also very easy to rediscover). They have good value, and you may find I've recommended people give them a try several times on the forums. Focal meditation on the candle flame simply has specific advantages in terms of its excellent and smooth transition into kinesis practice, where the feedback provided by the flame provides a way to focus not just the mind, but the specifically identified soul. This is of essential and critical value for well-controlled practice of psi, and it is why this article is structured in the way it is.

(EDIT - If the last few posts are confusing to follow, it is because the posts that this and the preceding several posts were replies to were deleted. I am leaving the replies for the sake of completeness in responding to points raised.)

« Last Edit: November 22, 2011, 12:28:04 AM by kobok »      Logged

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Arkvoodle

A Veritas Regular

\*\*

Posts: 53

Karma: 4

Diabolical

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Re: Focal Meditation

« Reply #81 on: March 01, 2012, 12:15:41 PM »

Apologies for "grave digging", but I have a question. I am rather afraid of getting retina burn from focusing on the light for so long. Would the 2 meter distance reduce/eliminate this? Are the alternatives as effective as the candle meditation? Just wondering, of course. The candle does seem to be the most reliable and effective method, but your opinion on the others would be welcome.

Logged

Robin

Posts By Osmosis

\*\*\*\*\*

Posts: 1002

Karma: 32

Your friendly neighborhood Verigeek.

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Re: Focal Meditation

« Reply #82 on: March 01, 2012, 04:24:11 PM »

Quote from: Arkvoodle on March 01, 2012, 12:15:41 PM

Would the 2 meter distance reduce/eliminate this?

I haven't had the problem you described, so I suspect this would work. Just don't forget to blink. (You shouldn't focus on the control of your eyelids either, as the purpose of this exercise is to concentrate on the candle flame. Rather, don't try to keep your eyes open because you think you should.) As for other methods of meditation, I have tried a few others, and focal meditation works best for me. Your mileage may vary.

« Last Edit: March 01, 2012, 04:32:43 PM by Robin » Logged

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Author Topic: A Guided Meditation on Psionic Principles (Read 14325 times)  
Kettle

Frequent poster

Veritas Teacher

Veritas Furniture

\*\*\*\*\*

Posts: 376

Karma: 20

Frequent poster

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A Guided Meditation on Psionic Principles

« on: February 15, 2010, 07:49:37 AM »

A Guided Meditation on Psionic Principles

Introduction

A principle is a truth, law, or a state by which something is governed. Any well developed practice or art form will have rules or principles which guide the use and practice of it and Psionics is no different. The following meditation is based on some of the simple principles that can be derived from the Dynamic Psi paradigm.

Meditation

The definition of the word 'meditation' is often varying and flexible, meaning many different things to different people. In this particular case the definition of meditation will be, "Prolonged contemplation about a specific subject", as this is a meditation where thinking is encouraged and guided. In this mediation we will guide our thought processes by thinking about previously selected subjects and ideas and use them as a basis on which to interpret our thoughts. The selected subjects in this meditation will be principles of psionics.

Because a principle is a truth we select very broad and very encompassing principles to consider and compare our thoughts to. This meditation, like any other meditation, is for

the purpose of greater understanding of our world and ourselves. This analysis of how our life relates to the most fundamental principles of psionics will also give us a much deeper understanding of the functions and applications of psionics.

### Stray thoughts

Normally, in any other meditation, we prefer not to have thoughts 'pop' into our head as this is a distraction. In this particular meditation we instead will be using these thoughts as ideas for analysis, provided of course that they are worthwhile subjects for analysis. In doing this we also learn to gain some control over these thoughts as well so that when we practice other meditations, void or focal for instance, we are better able to control and quiet our thoughts.

In doing this meditation we first consider a principle of psionics and then we consider the meaning, importance, and applications of it. We then allow our thoughts to go where they may but always keep a focus on the original principle and how it applies to what we are currently thinking about. We allow thoughts to come to us and 'pop' into our head as they normally do.

We allow stray thought to come to us because it is often (but not always) the thoughts and ideas that are most important to us that come to us first. When an important thought comes to us we consider the idea and then how the principle can be applied to the situation beneficially, basing our thoughts on a truth so that we can think about and deal with the situation using reason.

The level of skill of the practitioner, and the depth of the meditation they are currently in, will usually determine exactly how many of these stray thoughts are of any real value, as often times the thoughts that 'pop' into our heads are quite random and useless. A beginning practitioner or someone who's just participated in a stimulating activity (such as seeing a movie) is likely to find that the thoughts that come to them first are of little value for the purpose of analysis under the selected principle. When irrelevant thoughts come to us we do as we normally would in any other meditation, we simply let it pass from our consciousness and continue with the meditation.

To assist in the process of this meditation it is helpful to quiet the mind first with some void or focal meditation as we are at a deeper level of personal understanding when we do this and that is a much better starting point.

### Principles of psionics

The following principles are truths about the soul and the world that the author felt were most wide ranging and applicable to varying situations and thoughts;

A soul is neither matter or energy.

Information is available to the soul should we choose to observe it.

A soul can alter and change the physical world.

These are examples (and quite good ones Smiley ) that essentially all psionic practices should consider and make use of in some way. These are not the only principles that can be derived about the soul or the world and all practitioners are encouraged to deduce and use their own.

### An example

As an example of how this meditation might play out let's consider the first principle, 'A soul is neither matter or energy'. As always it is important to achieve relaxation and a clear mental state before practicing a meditation so some standard void or focal mediation is beneficial to do prior to attempting this meditation.

We consider this principle for a time until we fully understand it just as it is. When we feel comfortable with this we begin to probe and question further, asking questions such as, "How can or does this apply to the physical world?", or "How does this directly affect me?", or "How can I use this in my daily life?". We try to answer these questions based on the chosen principle and we allow thoughts on the subject come to us. As new thoughts come we continue to consider and work through these new thoughts based on the chosen principle.

It can be very helpful (prior to attempting the mediation) to create the expectation that the process will go well, be beneficial, and that relevant knowledge will be taken from the experience.

### Conclusion

A meditation such as this is a good way of keeping important psionic concepts on one's mind. It's easy to become distracted with personal issues and problems that arise in our life and when we practice meditations like this it can help us return to a state of focus and clarity.

This is a seemingly simple meditation but the understanding about the world and one's life that can be achieved with this meditation should not be overlooked. To deduce the truth in anything you must always start with something you already know to be true.

Logged  
starseed  
Settling In  
\*

Posts: 21  
Karma: -2

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Re: A Guided Meditation on Psionic Principles  
« Reply #1 on: February 28, 2011, 09:44:44 AM »  
great idea!

Logged  
Kettle  
Frequent poster  
Veritas Teacher  
Veritas Furniture  
\*\*\*\*\*

Posts: 376  
Karma: 20

Frequent poster

[View Profile](#)

Re: A Guided Meditation on Psionic Principles  
« Reply #2 on: March 05, 2011, 07:07:06 AM »  
Quote from: starseed on February 28, 2011, 09:44:44 AM  
great idea!

Thanks!  
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==> Psi and Mental Abilities

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Author Topic: Psi wheel (Read 249995 times)

0 Members and 1 Guest are viewing this topic.

December 12, 2003, 02:16:37 PMRead 249995 times

neon

Settling In

Offline

\*

Greenhorn

28

Karma:

0

Personal Text

Greenhorn

View Profile <http://www.theavalanche.cjb.net>

Psi wheel

Ive been trying the psi wheel for about just over a week and i have moved it every now and then but its just not working for me any tips would be of great help.

Logged

-neon-

Fate is the door, choice is walking though it...

December 12, 2003, 03:04:27 PMReply #1

Spartan117

A Familiar Feature

Offline

\*\*\*

Hundred-plus Club

104

Karma:

0

[View Profile](#)

Psi wheels + PK stuff in general

You were the same as veritas before, hmm you should remember my post to you ;)

Relax and focus on the paper, don't think about it too much though, think of spinning it, feel the success of spinning it.

If focussing on the whole psiwheel doesn't work, try to focus on one point and push there.

You can use your hands, but you should stop moving the psi-wheel with your hands after a while, because you could get dependant on it.

And if everything goes well, then move on to bigger/heavier psi-wheels or other things.

hope i helped some

Logged

December 12, 2003, 04:19:33 PM Reply #2

Calvin

Veritas Moderator

Veritas Furniture

Offline

\*\*\*\*\*

Im in your statues

375

Karma:

16

Personal Text

...watchin your peoples

[View Profile](#)

Psi wheels + PK stuff in general

Sometimes I find that over focusing may be the problem, as Spartan117 said, just stay relaxed and don't strain, let your sub-c (subconscious) do the work. I personally just will it to move, i don't concentrate on the wheel itself, just the fact that i want it to move... and you know what... It works for me everytime!

Logged

Vitamyst

"The only source of knowledge is experience."

"Like, how do you summon 1.4 significant members? Simple, 1 significant member, followed by a certain number of random occurrences of Arck."

-Vivi, on the summoning of past members

December 12, 2003, 04:23:08 PMReply #3

Underworlder

A Familiar Feature

Offline

\*\*\*

Hundred-plus Club

144

Karma:

0

Personal Text

Teacher of the Kinesis

[View Profile](#)

Psi wheels + PK stuff in general

Do not think of it reacting to your force of psi but as if it were to move on its own like a living thing

Logged

I am an enigma

wrapped in a mystery

sheathed in a quandary

ensconced in a dilemma

swathed in a quagmire

swaddled in an imbroglio

and covered in a white wrapper

December 12, 2003, 05:12:08 PMReply #4

Neo

A Familiar Feature

Offline

\*\*\*

Veritas Furniture

164

Karma:

0

Personal Text

Veritas Furniture

[View Profile](#)

Psi wheels + PK stuff in general

Yeah, I should remember mine, something to do with putting your finger about 1 cm from one of the corners, feeling the psiwheel attracted to your finger, and then moving your finger, psiwheel included!



Logged

Don't annoy me, or I'll set my kamehamehamsters on you!

December 12, 2003, 05:43:45 PMReply #5

Sparky

A Familiar Feature

Offline

\*\*\*

Hundred-plus Club

153

Karma:

1

[View Profile](#)

Psi wheels + PK stuff in general

My advice to you is try coloured Psi Wheels they work a treat, i'm still using them and if you like you can draw something on them so you get not only nice colour but a nice swirly design to lol.

Logged

\\"Whatever is begun in anger ends in shame.\" - Benjamin Franklin \\"The difference between fiction and reality? Fiction has to make sense.\" - Tom Clancy

December 12, 2003, 07:36:00 PMReply #6

Rawiri

Veritas Teacher

[Posts By Osmosis](#)

Offline

\*\*\*\*\*

Wandering Nomad

928

Karma:

41

[Personal Text](#)

[Veritas Teacher](#)

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Psi wheels + PK stuff in general

The way I move my psi-wheel is by just staring at it and for some reason after a while my body starts to feel like I imagine it would feel like to be a psi-wheel. I then imagine myself moving, but picturing myself as the psi-wheel. I can feel it as if I am actually moving, the psi-wheel then follows. This way works pretty good for me.

Logged

December 12, 2003, 09:24:07 PMReply #7

Here and There

[Settling In](#)

Offline

\*

Regular Member

31

Karma:

0

Personal Text

Regular Member

View Profile <http://www.valleyart.biz>

Psi wheels + PK stuff in general

What I do is look directly at the psi wheel and imagine a different psi wheel in the background that is spinning. Then just "see" the psi wheels spinning together.

One thing I might add is that it is best to use different techniques because if you do the same thing over and over, you will do it without wanting to after a while.

P.S. I like the cow. :cow: :D :cow:

Logged

Having been struck once, and object is only more likely to break when struck again; don't strike me.

December 12, 2003, 09:56:12 PMReply #8

Quagmire

A Familiar Feature

Offline

\*\*\*

Veritas Furniture

186

Karma:

0

Personal Text

Veritas Furniture

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Psi wheels + PK stuff in general

Different techniques work for different people. Just experiment and you'll eventually find one that will work.

Logged

-Q

December 12, 2003, 11:43:55 PMReply #9

Spartan117

A Familiar Feature

Offline

\*\*\*

Hundred-plus Club

104

Karma:

0

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Psi wheels + PK stuff in general

Quimire is right yes, also don't come dependant of only one technique :cow: \*eats cow\*

Logged

December 13, 2003, 06:39:28 AMReply #10

SereneChaos

Veritas Furniture

Offline

\*\*\*\*

Has a lot of posts

401

Karma:

0

Personal Text

Has a lot of posts

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Psi wheels + PK stuff in general

all of these techniques are good, but don't forget the old saying  
the best technique is the one that you make up yourself/works for you.

Logged

December 14, 2003, 02:40:58 AMReply #11

Moonunit

A Veritas Regular

Offline

\*\*

Regular Member

54

Karma:

0

Personal Text

Regular Member

[View Profile http://nofacefloor.cjb.net](http://nofacefloor.cjb.net)

Psi wheels + PK stuff in general

When i us ethe psiwheel, im not entirely sure that i am using Psi, i know that you can  
use it with Chi aswell, because its what i used to practice getting chi past my hands. 'I  
think' the real way to see that you are using psi, is to not place your hand next to it. Ive  
just introduced my little sister to the world of energy a couple of weeks ago, she just put

her and next to the psiwheel, becuse i told her to, and it started spinning like mad. I think myslef that this was not Psi, beacuse you have to know you want to move it. I didnt tell her what to do. Is this just that she has a good energy flow?

Anyway, i can make the psiwheel move most of the time. I now practice as i said, without my hand next to it. I just relax, try to focus on it, but not focus at the same time. Strange to put into words really.

Logged

"Using no way as way, having no limitation as limitation."

-Bruce Lee[/COLOR]

December 14, 2003, 04:43:24 AMReply #12

sapient

Settling In

Offline

\*

Regular Member

36

Karma:

0

Personal Text

Regular Member

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Psi wheels + PK stuff in general

I find it helps me just to relax. Still keep my focus, but relaxation is the key, in my case.

The "Just do it" method; Look at the object, don't force it to move, just relax and keep focus. Don't think to much, let your subconscious do the job. Eventually it'll move. If not, try feeling the object as if it had it in your hands. Try feeling the curves, without touching it.

If it still wont work for you, try to force it to move, make it. Visualize it moving, visualize your energy making it move. Different things work for different people.

My best advice would be to meditate before your exercise. Relax, be calm and just do what feels right. Don't follow certan guidelines, create your own.

Logged

Ignorance is a bliss.

January 04, 2004, 04:13:05 AMReply #13

GrieverHeart

A Veritas Regular

Offline

\*\*

Regular Member

53

Karma:

0

Personal Text

Regular Member

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Another psiwheel help

Hi! I know it's a little but i try to move the psiwheel for 3 days now. I made it move but a very little, and i don't even know if it was another parameter that i've not thought about that made it move. Anyways When it moves, it doesn't move to a direction but just moves. Could you help on that. I'm a newbie in psi, i've only practiced astral projection.

Logged

Final Fantasy IX

Think about it, isn't life death itself? i have to kill other beings to survive.

{Final Fantasy XII}

January 04, 2004, 04:56:57 AM Reply #14

diokhan

A Veritas Regular

Offline

\*\*

Frequent poster

95

Karma:

0

Personal Text

Frequent poster

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Psi wheels + PK stuff in general

you made it move in just three days? that's pretty good. because you're just starting out you don't have full control over the wheel yet. it's best if you focus on the corners in the beginning . try to make it turn left or right. ;)

Logged

join the army!

see many places,

meet interesting people,

and KILL them!

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Author Topic: Psi wheel (Read 249264 times)  
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January 04, 2004, 01:20:51 PMReply #15  
Calvin  
Veritas Moderator  
Veritas Furniture

Offline  
\*\*\*\*\*  
Im in your statues

375

Karma:

16

Personal Text

...watchin your peoples

[View Profile](#)

Psi wheels + PK stuff in general

controle comes with time and practise, I could make my psi wheel "twitch" the first day i tried it, but i couldnt get it to spin. As time passed i got better at making it spin, then better at which direction it spins, speed at which it spins, ect...

So your doing fine if you can only make it move slightly...

Logged

Vitamyst

"The only source of knowledge is experience."

"Like, how do you summon 1.4 significant members? Simple, 1 significant member, followed by a certain number of random occurences of Arck."

-Vivi, on the summoning of past members

January 05, 2004, 05:52:42 AMReply #16

GrieverHeart

A Veritas Regular

Offline

\*\*

Regular Member

53

Karma:

0

Personal Text

Regular Member

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Psi wheels + PK stuff in general

Oh gee thanks!! thought i had to make it spin in the first day! :eek:

Logged

Final Fantasy IX

Think about it,isn't life death itself?i have to kill other beings to survive.

{Final Fantasy XII}

January 09, 2004, 07:09:54 PMReply #17

offinadaze

Settling In

Offline

\*

Regular Member

36

Karma:

0

Personal Text

Regular Member

View Profile <http://www.freewebs.com/offinadaze>

Psi wheels + PK stuff in general

Wow, I've been trying to spin my psi weel for like...2 weeks, and I havn't even seen it budge. But, I guess some are better than others. :) So in my opinion, you are doing GREAT GrieverHeart. ( like the name..reminds me of Final Fantasy ;) )

Good Luck

Logged

~Offinadaze~

January 09, 2004, 07:22:50 PMReply #18

offinadaze

Settling In

Offline

\*

Regular Member

36

Karma:

0

Personal Text

Regular Member

View Profile <http://www.freewebs.com/offinadaze>

Normal?

Okay, I read the double package on psionics and since then I've been messing around with my psiweel. Everyonce and a while when I wake up in the morning things are missplaced in my room.

eg: My cup might have been on my dresser when I went to bed, and when I woke up it would be on my T.V.

Is it normal to experiance this while practicing telekinesis? I think it might be a side-effect of some sort, but I just want to make sure.

Has anyone experianced anything of the sort?

:)Thanks:)

Logged

~Offinadaze~

January 09, 2004, 10:17:42 PMReply #19

Switcher

A Familiar Feature



Offline

\*\*\*

Hundred-plus Club

141

Karma:

-1

Personal Text

Hundred-plus Club

View Profile

re

Read more carefully. Its called poltergeisting, and its a normal side effect. Its where you subconsciouly move things around. I used to get that all the time before i shut down.

Logged

January 09, 2004, 10:38:52 PMReply #20

AlakazaM

A Veritas Regular

Offline

\*\*

Frequent poster

73

Karma:

0

Personal Text

Frequent poster

View Profile

Psi wheels + PK stuff in general  
here are some other explanations:

-- your mind might be playing trick with yourself

-- you woke up at night and moved them, without realizing it

but again, these do NOT have to be right. like i said earlier and keep saying, something is real only if you believe it is.

---> running dawg :doggie:

Logged

Който прочете това е най-големиът педек на света.

January 10, 2004, 04:13:15 AMReply #21

diokhan

A Veritas Regular

Offline

\*\*

Frequent poster

95

Karma:

0

Personal Text

Frequent poster

[View Profile](#)

Psi wheels + PK stuff in general

also not everyone experiances this phenomenon. it happens to me every once and a while but i have a friend who has been doing tk a lot longer than i have and he has never experianced poltergeisting. i think it has something to do with your potential in tk. the sooner the polteregeisting begins , the greater your potential is. :)

Logged

join the army!

see many places,

meet interesting people,

and KILL them!

January 10, 2004, 07:34:24 AMReply #22

GrieverHeart

A Veritas Regular

Offline

\*\*

Regular Member

53

Karma:

0

Personal Text

Regular Member

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Psi wheels + PK stuff in general

Yeah it IS from final fantasy,as i also am a ff fan!Everyday i can move the psiwheel more!I made it turn for about 10 degrees the other time.But the best is that whenever i want,in not more than 5sec. i can make it move!The mistake i always did with psi is i qlways tried something for one day.After doing some time AP,i learned to discipline myself.

Logged

Final Fantasy IX

Think about it,isn't life death itself?i have to kill other beings to survive.

{Final Fantasy XII}

January 10, 2004, 08:16:19 AMReply #23

DarkWaterMoon

Posts By Osmosis

Offline

\*\*\*\*\*

Has a lot of posts

589

Karma:

-2

Personal Text

Has a lot of posts

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Psi wheels + PK stuff in general

Not really...

Logged

January 10, 2004, 09:24:11 AMReply #24

crow

A Familiar Feature

Offline

\*\*\*

Veritas Furniture

186

Karma:

0

Personal Text

Veritas Furniture

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Psi wheels + PK stuff in general

Yeah ive never herd of that if you experience the polterguist effect you have greater pottential..... I have compleat control over the psi wheel and im moving on to other objects and i'm okay at the other objects but ive never moved something without trying.....

And to the original poster (i forgot your name... sorry) the polterguist effect is common. It usualy occurs when your angry or stressed (or so ive read). Dont worry your not going crazy... It is very common.

Logged

~crow

January 10, 2004, 07:09:59 PMReply #25

Switcher

A Familiar Feature

Offline

\*\*\*

Hundred-plus Club  
141  
Karma:  
-1  
Personal Text  
Hundred-plus Club  
View Profile

re  
The higher the rate of poltergeisting the higher your potential? @\_@

I wish. No, poltergeisting comes from when you cant control yourself.  
Logged  
January 10, 2004, 08:21:26 PMReply #26  
Kenners  
A Veritas Regular

Offline  
\*\*  
Regular Member  
55  
Karma:  
0  
Personal Text  
Regular Member  
View Profile <http://www.kenners.cjb.net>

Psi wheels + PK stuff in general  
Hey look at the bright side, you sub conscience is telling you how to decorate your room, 20 bucks says it looks cooler when you wake up. :)  
Logged  
Hey! I'm a golden god! Back off!  
January 10, 2004, 09:10:18 PMReply #27  
SereneChaos  
Veritas Furniture

Offline  
\*\*\*\*  
Has a lot of posts  
401  
Karma:  
0  
Personal Text  
Has a lot of posts  
View Profile

Psi wheels + PK stuff in general  
for once, I laugh at something Kenners says :p

Logged

January 10, 2004, 09:52:01 PMReply #28

Zake

Posts By Osmosis

Offline

\*\*\*\*\*

Veritas Staff

1722

Karma:

1

Personal Text

Veritas Staff

View Profile

Psi wheels + PK stuff in general

Its a standard phenomenon, and happens to a lot of psions, or even non-psions. It is caused by cleaning ladies, parents, and similar strange entities, and can be avoided by the use of a small metallic charm known as a "lock." :cow:

Really, though, while sleep-geisting isn't too unfeasible, I'd be surprised if one had the power and coordination to move objects around and place them in comparatively neat places while asleep. I'd more expect stuff to be knocked around and junk to end up on the floor and stuff (hmm... maybe I've been doing it too). Ones subconscious is asleep when one is asleep also, remember, and furthermore ones eyes tend to be closed.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

January 11, 2004, 09:06:48 AMReply #29

offinadaze

Settling In

Offline

\*

Regular Member

36

Karma:

0

Personal Text

Regular Member

View Profile <http://www.freewebs.com/offinadaze>

Psi wheels + PK stuff in general

Well, thank you. But..

- 1) I DO have a lock on my door (what type of teenager doesn't?)
- 2) I can bearly spin a psi weel, let alone move cups about a room
- 3) Thanks for all your help :)

Logged

~Offinadaze~

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Author Topic: Psi wheel (Read 249266 times)  
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January 12, 2004, 08:25:01 AMReply #30  
Fibonacci  
A Veritas Regular

Offline

\*\*

Frequent poster

95

Karma:

0

Personal Text

Frequent poster

View Profile

Psi wheels + PK stuff in general

Allow me to change the subject briefly and ask- where are all these "packages" people keep referring to? I'm also trying to get a good strat on telekinesis but can't find any references for a really solid beginning. While I'm aware each beginning takes practices, I actually need some techniques to practice.

|

|

|

|

|

|

|

|

|\_\_\_\_\_ :doggie:

(Poor stupid doggie, about to run into a wall)

Logged

Spiral out, keep going.

January 12, 2004, 11:28:07 AMReply #31

KRRCubed

Settling In

Offline

\*

Regular Member

32

Karma:

0

Personal Text

Regular Member

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Psi wheels + PK stuff in general

Quote

1) I DO have a lock on my door (what type of teenager doesn't?)

This stupid house doesn't have locks on any of the doors except the bathrooms...

:(

Quote

2) I can bearly spin a psi weel, let alone move cups about a room

The ability to move a psi wheel, especially right off the bat, really has nothing to do with your abilities... Most of the difficulties that plauge concious tking disappear when you are sleeping (the concious mind telling the subconscious mind that it just can't happen, when it really can, etc.).

K3

Logged

The greatest weapon a man can possess is his mind!

"Hello," he lied.

January 12, 2004, 02:54:23 PMReply #32

Zake

Posts By Osmosis

Offline

\*\*\*\*\*

Veritas Staff

1722

Karma:

1

Personal Text

Veritas Staff

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Psi wheels + PK stuff in general

Tis referring to the articles up on the site, Fibonacci, particularly the tk ones.

And I would note that, while all that sort of sleeping-subconscious-is-powerful bit is



traditional, I've never actually seen evidence for that sort of stuff. As I said before, ones subconscious mind is asleep also. Particularly, one would have to have some way of actually perceiving the objects to be moved, even while asleep, and with ones eyes closed and under the covers that would seem unlikely.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

January 12, 2004, 04:27:22 PMReply #33

Kenners

A Veritas Regular

Offline

\*\*

Regular Member

55

Karma:

0

Personal Text

Regular Member

View Profile <http://www.kenners.cjb.net>

Psi wheels + PK stuff in general

Well yeah I'm going to have to say even if you have no abilities once so ever with psi. I can hardly do anything with it. I can hold my neckalce in front of me and sort of control the direction it spins (Which by the way is a very good beginner technique to try) And that's about it, but a few days I was about to move a pencil away from the edge of the table because I thought I'd accidentally knock it off when I got a phone call. Bout ten minates later when I got off the phone I looked over and the damn pencil was scooted up a bit away from the edge. At first I was just trying to think if I could have moved it before I got up but then realized what happened. :-)

Logged

Hey! I'm a golden god! Back off!

January 12, 2004, 04:39:46 PMReply #34

Underworlder

A Familiar Feature

Offline

\*\*\*

Hundred-plus Club

144

Karma:

0

Personal Text

Teacher of the Kinesis

View Profile

Psi wheels + PK stuff in general  
poltergeisting has happened to me and i think it is just the brain adapting to your new skill

Logged  
I am an enigma  
wrapped in a mystery  
sheathed in a quandary  
ensconced in a dilemma  
swathed in a quagmire  
swaddled in an imbroglio  
and covered in a white wrapper  
January 13, 2004, 07:13:02 AMReply #35  
Allucinari  
A Veritas Regular

Offline

\*\*

Regular Member

56

Karma:

0

Personal Text

Regular Member

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Psi wheels + PK stuff in general  
Let me ask you one thing.

If this is reputedly "poltergeisting", why was nothing broken?

Either your subconscious is that sadistic that it likes to play tricks on you, by carefully moving objects from one place to another and breaking or damaging nothing along the way; or this is not your doing. OR (and most likely), this has no metaphysical source as an explanation.

And for the record, I have moved a "psi wheel" all of 3 times. But I have lifted bits of paper, screws and bolts; blown lightbulbs and other electronics; and extinguished a candle flame a few times.

Just because you cannot do one thing, does not mean to say you cannot do another. Nor does it mean that because you cannot do it consciously, that you cannot do it subconsciously either.

Infact, research would seem to prove otherwise. That physical magick (or in this case, Psychokinesis..call it what you will), is more likely to be manifested by the subconscious than the conscious mind; and is easier for the subconscious to manifest than the

conscious.

Food for thought perhaps :p

Logged

January 14, 2004, 10:23:27 AMReply #36

KRRCubed

Settling In

Offline

\*

Regular Member

32

Karma:

0

Personal Text

Regular Member

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Psi wheels + PK stuff in general

Quote from: Allucinari

Infact, research would seem to prove otherwise. That physical magick (or in this case, Psychokinesis..call it what you will), is more likely to be manifested by the subconscious than the conscious mind; and is easier for the subconscious to manifest than the conscious.

Anything along the lines of societies standards as 'abnormal' is done through the subconconscious is it not?

K3

Logged

The greatest weapon a man can posess is his mind!

"Hello," he lied.

January 14, 2004, 01:46:46 PMReply #37

ShinKu

Settling In

Offline

\*

Greenhorn

13

Karma:

0

Personal Text

Greenhorn

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TK/PK, How do you do it?

Welcome, I am sorry if there been a thread like this before I am too lazy to search the other pages, but how do you get things to move.

I personally will power. Just looking at the object, subconsciously knowing the goal to move the object. I've sat like this for sometimes up to two hours trying to move my lava lamp. Two hours you say, nope I'm not mad but I hate giving up on things. Probably that determination that makes me so good with tk. I am getting a webcam soon (Woo...) and I'll record me moving some stuff and put them up on my server. I'll also add a ftp account for anyone to use and upload stuff to the server.

Logged

ShinKu-Live for what death will take.

January 14, 2004, 04:32:16 PM Reply #38

DarkWaterMoon

Posts By Osmosis

Offline

\*\*\*\*\*

Has a lot of posts

589

Karma:

-2

Personal Text

Has a lot of posts

[View Profile](#)

Psi wheels + PK stuff in general

It makes it pretty hard to believe that you spend two hours practicing but too lazy to take 15 minutes reading through several threads.

For your question, there is no certain way to move things. Discover your own way and use it. Read the PK double package in the article section too if you'd like.

Logged

January 15, 2004, 07:42:27 AM Reply #39

ShinKu

Settling In

Offline

\*

Greenhorn  
13  
Karma:  
0  
Personal Text  
Greenhorn  
View Profile

Psi wheels + PK stuff in general  
Okay, Lol. I ment how do YOU (meaning you,the person reading the text) Operate TK.  
hehe :)  
Logged  
ShinKu-Live for what death will take.  
January 15, 2004, 07:51:07 AMReply #40  
the\_flojo  
Veritas Furniture

Offline  
\*\*\*\*  
Flojo Mojo!  
445  
Karma:  
0  
Personal Text  
Yarrrrrrrrr!  
View Profile

Psi wheels + PK stuff in general  
I "just do it". I just move it. I don't have any real technique, and can't really explain it.  
Logged  
When you describe a senseless act of destruction, such as building a catapult to launch a minivan through someone's livingroom window, to a group containing both males and females, you get these reactions:

Males: Cool!  
Females: Why???

Thus, we see the fundamental difference between the sexe  
January 15, 2004, 07:53:05 AMReply #41  
akaaceman  
Settling In

Offline  
\*  
Greenhorn  
17

Karma:

0

Personal Text

Greenhorn

View Profile

Psi wheels + PK stuff in general

I just focus on the object and what I want it to do and put all of my will on that.

Kill the elephant! :elephant: :doggie:

Logged

SPANK!!!

SPANK AGAIN!!!

HAHAHA!!!

I CAN SPANK!!!

:cow: MOO COW!!! :cow:

January 15, 2004, 08:18:59 AMReply #42

Emre

A Veritas Regular

Offline

\*\*

Frequent poster

79

Karma:

0

Personal Text

Frequent poster

View Profile

Psi wheels + PK stuff in general

Oh please.....

<http://www.theveritasacademy.net/pk1.htm>

Logged

January 15, 2004, 08:26:19 PMReply #43

Fibonacci

A Veritas Regular

Offline

\*\*

Frequent poster

95

Karma:

0

Personal Text

Frequent poster

[View Profile](#)

Psi wheels + PK stuff in general

I'd have to insist to a few of you that some posters read some of the articles pertaining to telekinesis theories. Already, little over a week into my practices, I can see a clear difference between psionic capabilities and what's considered magick.

Logged

Spiral out, keep going.

January 15, 2004, 08:44:19 PMReply #44

EbonyMeda

Settling In

Offline

\*

Greenhorn

25

Karma:

0

Personal Text

Greenhorn

[View Profile](#)

Yes!!!!

ok ill post this here because it has to do with psi-wheels

Ok like just now i was wicked bored, and on top of my computer is where i put my psi-wheel when im done practicing with it. So i look up, and it moves, i didnt even breathe on it or anything, and besides even if i did its too high up on top of my comp to feel the wind from my breath. So i start moving my finger back and forth a lil bit like a band conductor or something, and it moves with me! so i moved my fingers in long lines back and forth, and it kept spinning to the left, then stopped and spun to the right.....its so0o0o cool!

Man i could never move this frgggin psi-wheel more than a millimeter, but now i can just tilt my head or point with my finger and it spins! yes!!!!!!!!!!!! im so happy!!!!!!!!!!!! haha i dont suck at TK anymore! :elephant: :D :p :cool:

Hey...has this happened to anyone besides me?

Logged

There are only four questions of value in life Don Octavio....what is sacred...of what is the spirit made... what is worth living for...and what is worth dieing for...all to which the answer is the same...only love.

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Pages: 1 2 [3] 4 5 ... 24

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Author Topic: Psi wheel (Read 63862 times)

Kenner

Regular Member

A Veritas Regular

\*\*

Posts: 55

Karma: 0

Regular Member



[View Profile WWW](#)

Psi wheels + PK stuff in general

« Reply #45 on: January 16, 2004, 11:51:38 AM »

Lucky bastard! No I still suck. :-( This is very insperational though, I'ma keep it up!

Logged

Hey! I'm a golden god! Back off!

EbonyMeda

Greenhorn

Settling In

\*

Posts: 25

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #46 on: January 16, 2004, 03:15:35 PM »

lol....god i dont remember the last time i even had any success until now....yah keep up practicing...it'll work out eventually.

Logged

There are only four questions of value in life Don Octavio....what is sacred...of what is the spirit made... what is worth living for...and what is worth dieing for...all to which the answer is the same...only love.

Alchemist

Greenhorn

Settling In

\*

Posts: 29

Karma: 0

Greenhorn

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #47 on: January 17, 2004, 06:41:02 AM »

Grieverheart I am having a bit of trouble on pk. I was wondering if you have any tips or methods that could help me.

Logged

"You can only realise the brightness when you have already realized the darkness."

-Alchemist

GrieverHeart

Regular Member

A Veritas Regular

\*\*

Posts: 53

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #48 on: January 17, 2004, 07:10:09 AM »

As i have found out,the most important in achieving pk is patience.For the techniques,you just have to read the article,and see wich method is better for you.

I don't know what is happening,but the last two days i can't move the psiwheel at all or sometimes a very little,compared to other days.has anybody an idea what is happening?

Logged

Final Fantasy IX

Think about it,isn't life death itself?i have to kill other beings to survive.

{Final Fantasy XII}

Mage

Greenhorn

New Member

\*

Posts: 7

Karma: 0

Greenhorn

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Another psiwheel help

« Reply #49 on: January 17, 2004, 09:38:01 AM »

I been practicing for over a week and still no progress in spinning the psi-wheel. Sad  
Logged

psion juggalo

Hundred-plus Club

A Familiar Feature

\*\*\*

Posts: 126

Karma: 0

Hundred-plus Club

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Psi wheels + PK stuff in general

« Reply #50 on: January 17, 2004, 09:58:35 AM »

grieverheart-some times people just cant do it for a little while (like maybe a couple days) after they start doing it.just keep with it and youl be back on your way to moving it better in no time

Logged

oh well,i tried

yes you did, and you failed. so let this be a lesson to all the little kids: never try ^\_^

dude. learn from The Punisher. someone fucks with you, you start blowing shit up.

DarkestLight

Greenhorn

Settling In

\*

Posts: 23

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #51 on: January 19, 2004, 11:20:13 AM »

i cant do it even if my life depended on it, its just something ive been trying for over 2 years and didnt get a single thing to budge...

Logged

One who loves his life will loose it, one who hates his life shall preserve it for all eternity...

Alchemist

Greenhorn

Settling In

\*

Posts: 29

Karma: 0

Greenhorn

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tk/pk problems

« Reply #52 on: January 19, 2004, 01:57:51 PM »

Hi im a newb at tk/pk and i tried spinning a psi wheel. i tried for like an hour and i know that is not a lot of time but when i tried i felt like i wasn't doing anything and it didnt't feel like anything special and i didnt move it. If anyone has any helpfull suggestions tips or methods, i would be gratefull.

Logged

"You can only realise the brightness when you have already realized the darkness."

-Alchemist

Chaos

Greenhorn

Settling In

\*

Posts: 22

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #53 on: January 19, 2004, 02:52:07 PM »

Quote from: Emre

Oh please.....

<http://www.theveritasacademy.net/pk1.htm>

he means (and he said this before) how do we, personally, do tk. Maybe you should read ALL the posts. I personally use the just do it method, although i dont think it should be called a 'method'.

Logged

"Those who can and don't, are no better off than those who can't." -unknown

"Holding on to anger is like grasping a hot coal with the intenet of throwing it at someone else; you are the one getting burned." -Buddha

"Interesting how simalar the pattern of love is to the pattern of insanity." -Merovingian, The Matrix Revolutions

"Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy." -Albert Einstein

Smiffy

He's Smiffarific

Posts By Osmosis

\*\*\*\*\*

Posts: 671

Karma: 1

Riding in with a Cow, a Sofa and a Keg of Bleaer..

View Profile

Psi wheels + PK stuff in general

« Reply #54 on: January 19, 2004, 03:26:02 PM »

hmm, you know a lava lamp is usauly rather heavy. why not start out with the simple stuff and work your way up from there. the size and weight of the lamp might be making it harder for you to do.

Logged

<Tsumaru> STFU RAITARO, I SHALL DESTROY THEE

\* Raitaro pats tsu

<Raitaro> So cute <3

Alchemist

Greenhorn

Settling In

\*

Posts: 29

Karma: 0

Greenhorn

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #55 on: January 19, 2004, 03:30:26 PM »

size and weight dont matter when doing tk/pk. it does not follow our physical laws its only a mind restriction which keeps us from acheiving most abilities. but he is right, you must start small the restrictions in your mind are less.

Logged

"You can only realise the brightness when you have already realized the darkness."

-Alchemist

psion juggalo

Hundred-plus Club

A Familiar Feature

\*\*\*

Posts: 126

Karma: 0

Hundred-plus Club

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Psi wheels + PK stuff in general

« Reply #56 on: January 19, 2004, 07:34:15 PM »

theres a few pk threads with basicaly the same question here already.read through them and youl find what your looking for.unless im wrong of course and if i am them just keep practicing and youl get it in no time and read all you can on the subject here and at psipog because we have a nice article here on the subject and psipog has a few articles about it

Logged

oh well,i tried

yes you did, and you failed. so let this be a lesson to all the little kids: never try ^\_^

dude. learn from The Punisher. someone fucks with you, you start blowing shit up.

Calvin

Im in your statues

Veritas Moderator

Veritas Furniture

\*\*\*\*\*

Posts: 352

Karma: 6

...watchin your peoples

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #57 on: January 19, 2004, 08:58:51 PM »

When alot of people start out they cant tell that it is actually them doing PK. Its seems like your're just "staring at it" and something else is moving it. But as you progress in in your practices you begin to feel more of a "control" over it (or thats how it was for me), and can tell when it is you moving it.

Logged

Vitamyst

"The only source of knowledge is experience."

"Like, how do you summon 1.4 significant members? Simple, 1 significant member, followed by a certain number of random occurences of Arck."

-Vivi, on the summoning of past members

Fibonacci

Frequent poster

A Veritas Regular

\*\*

Posts: 95

Karma: 0

Frequent poster

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #58 on: January 20, 2004, 05:48:51 AM »

Visualization. Easiest, most effective method right there, in one word. A description is supplied here , and if you actually want to understand what I mean by visualization then any of the articles on this site as well as any of the 'Newbie' articles on Psipog will help

you greatly.

Logged

Spiral out, keep going.

PsiBlade

Hundred-plus Club

A Familiar Feature

\*\*\*

Posts: 132

Karma: 0

Hundred-plus Club

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Psi wheels + PK stuff in general

« Reply #59 on: January 20, 2004, 06:45:55 AM »

Be wary of visualization. It is a blessing to some, a curse to others.

Some have to use visualization for everything, some 'just do it'. I suggest trying both and seeing what works (or feels) better to you.

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Author Topic: Psi wheel (Read 63860 times)

Fibonacci

Frequent poster

A Veritas Regular

\*\*

Posts: 95

Karma: 0

Frequent poster

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Psi wheels + PK stuff in general

« Reply #60 on: January 20, 2004, 07:25:37 AM »

True enough. Surprisingly, despite the fact that I suggested visualization, don't enjoy  
using it. While it, to say the obvious, helps one visualize what they're doing, it's more of a  
radical chi technique. I'm trying to get into traditional chi, as in Qi Gong.

Logged

Spiral out, keep going.

dude2dudey

Hundred-plus Club

A Familiar Feature

\*\*\*

Posts: 174

Karma: 0

Hundred-plus Club

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Psi wheels + PK stuff in general

« Reply #61 on: January 20, 2004, 09:27:50 AM »

well i aint even tried it yet but what can you move if you have been going in stages thats good but you have found a limit so go back 1 stage and focus on that 1 stage when you feel truly ready to move on then move on  
your mind is like the world you have to get out there and explore it Cheesy

Logged

GrieverHeart

Regular Member

A Veritas Regular

\*\*

Posts: 53

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #62 on: January 20, 2004, 12:08:27 PM »

i can move it again and much more.i can move for a little more than 180 degrees but usually i can't make it go the direction i want.Also it seems that i don't need much time to start moving it,only 15secs the most!i'm very excited!

Logged

Final Fantasy IX

Think about it,isn't life death itself?i have to kill other beings to survive.

{Final Fantasy XII}

Alchemist

Greenhorn

Settling In

\*

Posts: 29

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #63 on: January 20, 2004, 12:52:08 PM »

Thank you for all your replies and thanks Fibonacci for that link, I found it very helpfull.

Logged

"You can only realise the brightness when you have already realized the darkness."

-Alchemist

Fabian

Regular Member

Settling In

\*

Posts: 36

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #64 on: January 20, 2004, 12:57:27 PM »

Every time I practice TK, the light in my room dims and then goes back to normal.It does that every 5 minutes or so.Is that normal?

Logged

If we fail to anticipate the unforeseen or expect the unexpected in a universe of infinite possibilities, we may find ourselves at the mercy of anyone or anything that cannot be programmed, categorized, or easily referenced.

Zake

Veritas Staff

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1722

Karma: 0

Veritas Staff

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Psi wheels + PK stuff in general

« Reply #65 on: January 20, 2004, 02:56:07 PM »

Urrr... not particularly. Any success with tk while that happens? Furthermore, sure its not just your eyes? Its common enough (well... I get it, at least) for stuff to seem to dim out when ones relaxed and/or concentrating on stuff.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

oblong

Greenhorn

New Member

\*

Posts: 3

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #66 on: January 21, 2004, 09:54:41 AM »

sorry if this doesn't fit in this thread, but i can't really find anywhere else to put it and i don't want to start a new one.

anyways i'm having a problem with my pk and i was wondering if anyone could offer any advice.

i started trying to move a paper psiwheel earlier (on a cocktail stick under a glass), and in about two minutes it moved. It didn't spin like i wanted it to, it sort of jumped/flinched, but definitely moved (and no, i didn't accidentally kick the table lol). now i'm pretty sure two minutes is fast for a first-timer, and especially for me - i have trouble with concentration (i've never even successfully been able to meditate despite countless attempts). anyway i was pretty shocked (especially since, if i'm honest, i didn't 100% believe pk actually works). now i saw the wheel move - it was definintely me that moved it. now i know i can do pk.

despite this, since my initial success, i have not been able to move the wheel in the slightest. i've tried and tried, but nothing's happened.

I'd just like to know why i suddenly can't do it anymore. am i over-confident? if not, what?

PS - also, does anyone have any tips for easy ways to meditate for people that have trouble concentrating?

Logged  
Fibonacci  
Frequent poster  
A Veritas Regular  
\*\*

Posts: 95  
Karma: 0

Frequent poster

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Psi wheels + PK stuff in general  
« Reply #67 on: January 21, 2004, 11:05:08 AM »  
Quote from: Alchemist  
Thank you for all your replies and thanks Fibonacci for that link, I found it very helpfull.

Be wary though- I'm quickly learning that radical chi techniques such as the ones I suggested aren't all that healthy.

Logged  
Spiral out, keep going.  
Alchemist  
Greenhorn  
Settling In  
\*

Posts: 29  
Karma: 0

Greenhorn

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Psi wheels + PK stuff in general  
« Reply #68 on: January 21, 2004, 12:51:15 PM »  
Quote from: Fibonacci  
Be wary though- I'm quickly learning that radical chi techniques such as the ones I suggested aren't all that healthy.

lol, ok Fibonacci I will.

Logged

"You can only realise the brightness when you have already realized the darkness."

-Alchemist

ShinKu

Greenhorn

Settling In

\*

Posts: 13

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #69 on: January 21, 2004, 02:49:10 PM »

Okay....Ive been doing TK since I was about ten. I found a book in a this sale thing in a book store.I had always like the idea of moving things with my mind.Iam 14 now and my mind limitations have been expanded quite far.My mind has a habit of telling me that its impossable which is why I have to spend so long trying to allmost shutdown my mind while moving things over the size of say..a pen.I got my webcam up Ill upload some videos soon =D

Logged

ShinKu-Live for what death will take.

DarkestLight

Greenhorn

Settling In

\*

Posts: 23

Karma: 0

Greenhorn

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #70 on: January 21, 2004, 03:16:17 PM »

the funny thing is..ive tried everything possible, from a needle, to two milimeters of paper, to a psi wheel (i can move with energy for the sake of avoiding an argument) ,

and such so yeah...still doesnt work but by all means, keep trying all Smiley ...

Logged

One who loves his life will loose it, one who hates his life shall preserve it for all eternity...

Fear The Dark

Regular Member

Settling In

\*

Posts: 47

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #71 on: January 21, 2004, 03:38:14 PM »

Quote from: Alchemist

it does not follow our physical laws

Where did you find this? I have never heard of it.

Logged

Have you run your fingers down the wall

And have you felt your neck skin crawl

When you're searching for the light ?

Sometimes when you're scared to take a look

At the corner of the room

You've sensed that something's watching you.

Fear of the dark, fear of the dark

I have a constant fear that something's always near

Fear of the dark, fear of the dark

I have a phobia that someone's always there.

akaaceman

Greenhorn

Settling In

\*

Posts: 17

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #72 on: January 22, 2004, 08:15:06 AM »

Sometimes I think I have a problem with my mind thinking that it's impossible to do whatever I'm trying to do. I'm starting to expand the barrier, but I don't think it's enough.

SLEEPY COWS!:cow: The infamous Vericow!

Logged

SPANK!!!

SPANK AGAIN!!!

HAHAHA!!!

I CAN SPANK!!!

The infamous Vericow! MOO COW!!! The infamous Vericow!

bassforte123

Greenhorn

Settling In

\*

Posts: 17

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #73 on: January 22, 2004, 04:07:52 PM »

my guess (and this is pure thoery because i'm just reading up before i begin) is that like building muscles if you work hard then even if you gain strength you may be sore the next few days but when it goes away you will feel fine and are perhaps stronger than before.

Logged

ki-intuition

Greenhorn

New Member

\*

Posts: 3

Karma: 0



Greenhorn

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Psi wheels + PK stuff in general

« Reply #74 on: January 22, 2004, 06:27:11 PM »

dont forget to meditate

Logged

:fightmonk pride goeth before a fall :fightmonk

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Author Topic: Psi wheel (Read 66950 times)

Zake

Veritas Staff

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1722

Karma: 0

Veritas Staff

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Psi wheels + PK stuff in general

« Reply #75 on: January 23, 2004, 08:04:14 PM »

Also don't forget to be careful about air currents and such. Particularly if you can't control the direction- control over it, I'd consider, is the basic criteria for determining if pk is occurring, so if one doesn't have that one had better be notably sure there aren't some random causes.

If it just starts going back and forth, for example, that's probably just random wobble, which psiwheels generally get. Happens even with my little floaty-globe, oddly enough.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

crow

Veritas Furniture

A Familiar Feature

\*\*\*

Posts: 186

Karma: 0

Veritas Furniture

View Profile

Psi wheels + PK stuff in general

« Reply #76 on: January 25, 2004, 07:54:25 AM »

yeah that makes sence that things would be on the floor. but if one knows ones room well enough then it might happen like she said.

Logged

~crow

Fabian

Regular Member

Settling In

\*

Posts: 36

Karma: 0

Regular Member

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #77 on: January 26, 2004, 12:48:32 PM »

Quote from: Zake

Urrr... not particularly. Any success with tk while that happens? Furthermore, sure its not just your eyes? Its common enough (well... I get it, at least) for stuff to seem to dim out when ones relaxed and/or concentrating on stuff.

Maybe it is just my eyes. My siblings never noticed it when I asked them.

-Fabian

Logged

If we fail to anticipate the unforeseen or expect the unexpected in a universe of infinite possibilities, we may find ourselves at the mercy of anyone or anything that cannot be programmed, categorized, or easily referenced.

Fibonacci

Frequent poster

A Veritas Regular

\*\*

Posts: 95

Karma: 0

Frequent poster

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #78 on: January 27, 2004, 07:36:25 AM »

Quote from: Fabian

Every time I practice TK, the light in my room dims and then goes back to normal. It does that every 5 minutes or so. Is that normal?

Actually, as some of you must've/should've read in the TK article, several controlled experiments were performed on individuals who were believed to possess telekinetic abilities. The room temperature apparently went down two degrees while the telekinesis was being performed, and resultingly among the list of theories of how telekinesis could work there was one that suggested maybe the individuals were drawing energy from the room by connecting two nerves in their brain that aren't normally connecting to allow greater control.

Logged

Spiral out, keep going.

Fibonacci

Frequent poster

A Veritas Regular

\*\*

Posts: 95

Karma: 0

Frequent poster

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #79 on: January 27, 2004, 07:39:17 AM »

I know my warning sounded like mere paranoia, but many a poster have informed me that radki can disrupt your meridians. That would truly be terrible if you overworked yourself to that point.

Logged

Spiral out, keep going.

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

[View Profile WWW](#)

Psi wheels + PK stuff in general

« Reply #80 on: January 29, 2004, 07:52:12 PM »

Hm...I've never really noticed any changes in room temperature while PK training, since after moving the psi wheel around for a while, I become entranced. I try to move it while listening to music, as it is the perfect thing to keep your mind on without entirely distracting you.

For those of you yet to have succes: If you haven't covered the basic beginning techs of psionics, try to do so first, for focusing on PK now will most likeley waste your time and slow down your overall progress. But if you have - Try watching a couple of psi wheel videos to see what the thing looks likes when it is actually moving. Try to tell yourself that that is what you want to acheive. PK is like a search; you have to "find" the right way to do it. Once you do that, you practice it untill it becomes second nature, and try to hone it from there on.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

Continue Expanding Consciousness...

<http://www.energyartmovement.org>

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #81 on: January 29, 2004, 07:58:48 PM »

Quote from: GrieverHeart

Yeah it IS from final fantasy,as i also am a ff fan!Everyday i can move the psiwheel more!I made it turn for about 10 degrees the other time.But the best is that whenever i want,in not more than 5sec. i can make it move!The mistake i always did with psi is i qlways tried something for one day.After doing some time AP,i learned to discipline myself.

I actually own that necklace and wear it almost every single day ^\_^

Anyway, I decided to merge all the PK related threads together in order to prevent over crowding. If you guys have any questions relating to an already existing topic, try to ask the question in the already existing topic.

Logged

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GrieverHeart

Regular Member

A Veritas Regular

\*\*

Posts: 53

Karma: 0

Regular Member

View Profile

Psi wheels + PK stuff in general

« Reply #82 on: January 30, 2004, 02:06:36 AM »

could you please tell me where to find psiwheel videos?Actually when i blow air to the psi wheel it doesn't move the same way as when i perform telekinesis,that's why i think i move it and not the air currents.At first i had the psiwheel stand on a pointy wooden stick and it just moved very little,but when i balanced on a needle,it moved with greater ease.

Logged  
Final Fantasy IX

Think about it, isn't life death itself? i have to kill other beings to survive.

{Final Fantasy XII}  
Draconic Feathers  
he-who-posts-lots  
Veritas Furniture

\*\*\*\*

Posts: 428  
Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #83 on: January 30, 2004, 01:30:30 PM »

Go to <http://www.psipog.org> and go to the media section. They have at least 4 different videos there, and yes, the psiwheel does move differently when moved by PK as opposed to being blown upon.

Logged  
Following our Will and Wind, we may just go where no one's been

Solve et Coagula

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<http://www.energyartmovement.org>

Draconic Feathers  
he-who-posts-lots  
Veritas Furniture

\*\*\*\*

Posts: 428  
Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #84 on: January 30, 2004, 02:18:05 PM »

I'm just merging threads, once again. Please people, use your eyes and check to see if a thread that relates to your question already exists, so you don't have to flood the boards with 4 threads all pertaining to the exact same thing -\_-.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

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<http://www.energyartmovement.org>

GrieverHeart

Regular Member

A Veritas Regular

\*\*

Posts: 53

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #85 on: January 30, 2004, 02:28:10 PM »

i downloaded some vids!does the psiwheel have to be so small?i made mine of a square paper 9x9 cm!

Logged

Final Fantasy IX

Think about it,isn't life death itself?i have to kill other beings to survive.

{Final Fantasy XII}

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1



I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #86 on: January 30, 2004, 02:36:04 PM »

It's probably better of making them small since they won't take up too much space, and is most likeley easier to move.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

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<http://www.energyartmovement.org>

phantomrage

Greenhorn

New Member

\*

Posts: 8

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #87 on: January 31, 2004, 09:39:57 PM »

does it matter if your hand is near the psiwheel? or moving along where you want the object to go? and arent TK and PK the same thing?

:fightmonk MONKEY!

Logged

Calvin

Im in your statues

Veritas Moderator

Veritas Furniture

\*\*\*\*\*

Posts: 352

Karma: 6

...watchin your peoples

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #88 on: January 31, 2004, 10:13:08 PM »

Alot of people practice the psi wheel with there hand near it, but when doing so you have to be careful not to make any sudden movements with your hand, as it would cause the wheel to move (obviously tongue )

Yes PK an TK are the same thing.

Logged

Vitamyst

"The only source of knowledge is experience."

"Like, how do you summon 1.4 significant members? Simple, 1 significant member, followed by a certain number of random occurences of Arck."

-Vivi, on the summoning of past members

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #89 on: February 01, 2004, 01:16:45 PM »

Telekinesis is an outdated term, for it means "far movement" (or something like that). That term is too vague, since it can be used to refer to a remote-controlled car or something. The term Psychokinesis is more up-to-date, because it (roughly) means

"Mind Movement" (or something like that).

Logged

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=> Psionics

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Author Topic: Psi wheel (Read 66943 times)

phantomrage

Greenhorn

New Member

\*

Posts: 8

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #90 on: February 01, 2004, 01:46:03 PM »

i guess ill try it with my hand near it next.

Logged

GrieverHeart

Regular Member

A Veritas Regular

\*\*

Posts: 53

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #91 on: February 02, 2004, 12:11:51 PM »

I would like someone to explain to me in detail,how to feel my psiwheel(or feel as i am one with it!).Never understood that.Tried first time to move my psiwheel while i had it sitting in a glass.But couldn't move it,although i can move it with great ease without the glass.anyway,i have another question.can someone move a psiwheel unconsciously?

Logged

Final Fantasy IX

Think about it, isn't life death itself? i have to kill other beings to survive.

{Final Fantasy XII}

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #92 on: February 02, 2004, 03:16:42 PM »

1. Try getting better with moving it normally. After you become profficient with it, move on to the glass thing. Try moving your hand slightly further away from the psi wheel each practice. You just have to "teach yourself" that distance is not really much of an issue. After that, you should be able to move it with any obstructions in the way.

2. Yes, someone can move a psi wheel (among other things) unconsciously. I beleive that that is usually referred to as "Geisting".

Logged

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Solve et Coagula

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<http://www.energyartmovement.org>

phantomrage

Greenhorn

New Member

\*

Posts: 8

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #93 on: February 02, 2004, 04:42:10 PM »

draconic what meathod did you start with in moving the psiwheel? or anyone on the board?

Logged

Calvin

Im in your statues

Veritas Moderator

Veritas Furniture

\*\*\*\*\*

Posts: 352

Karma: 6

...watchin your peoples

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Psi wheels + PK stuff in general

« Reply #94 on: February 02, 2004, 06:26:29 PM »

Well when i was first starting out with the psi wheel, i always tried to use visualization... the first night i ever tried i got it to "twitch" a little bit, but i never had any luck after that. It went on like this for probably a month (on and off practise) until this one night. I was trying to turn it for about 15 minutes or so, with yet again no luck. I took my attention away from the wheel for about a minute or so (but accidentally left my hand near the wheel) and sure enough it started turning...

After that it came easy to me for some reason... i didnt even really have to concentrate on it, I just thought about my goal, and "wanted" it to work... and it did almost every time. Elephant

Logged

Vitamyst

"The only source of knowledge is experience."

"Like, how do you summon 1.4 significant members? Simple, 1 significant member, followed by a certain number of random occurences of Arck."

-Vivi, on the summoning of past members

phantomrage

Greenhorn

New Member

\*

Posts: 8

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #95 on: February 03, 2004, 02:21:26 PM »

i wish i could get some results in what i am trying. now im trying the "just do it" method, hopefully this will work better.

Logged

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #96 on: February 03, 2004, 05:45:39 PM »

Back in...March (I think) there was a big thread about psiwheels. Almost everyone on Veritas were newbies then, so we were trying to figure out how to move psiwheels

Tongue After many links and methods being posted, someone mentioned speaking to your subconscious, and asking it to "help" you move it. I looked into it on psipog, and

found that they had an articles about speaking to your sub-con. So I tried it, asked my sub-con to help me, and I moved it on my first try. After that, my sub-con seemed to

"remember" or "get used to it", and my sub-con helped me progress and slowly learn PK for myself.

Here's some valuable advice: If you are using this method, and eventually figure out how to use PK for yourself, (without any sub-con help), DON'T STOP PRACTICING. If you stop after finally figuring it out for yourself, you'll forget it, and will have to start with your sub-con's help over again, thus slowing down your progress. It's good to let your sub-con help you, but it's not good to solely (sp?) depend on it.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

Continue Expanding Consciousness...

<http://www.energyartmovement.org>

phantomrage

Greenhorn

New Member

\*

Posts: 8

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #97 on: February 04, 2004, 02:21:19 PM »

how exactly would you ask your sub-con for help? and can you really control a paper airplane in midflight with PK? kamikaze paper airplanes!

Logged

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds



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Psi wheels + PK stuff in general

« Reply #98 on: February 04, 2004, 06:26:25 PM »

Find the article on sub-con talk in <http://www.psipog.org> . I believe that it is somewhere in the "other" section.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

Continue Expanding Consciousness...

<http://www.energyartmovement.org>

Falcon

Vretsa Dcitoinray

Posts By Osmosis

\*\*\*\*\*

Posts: 702

Karma: 1

Veritas Mentor

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Psi wheels + PK stuff in general

« Reply #99 on: February 05, 2004, 05:50:39 AM »

I would like to make a psi wheel but have never known so how'd you make one

Logged

Finding some things difficult and need a extra hand, Apply for a mentor that's what were here for <http://forums.v society.net/index.php?topic=9706.0>

dude2dudey

Hundred-plus Club

A Familiar Feature

\*\*\*

Posts: 174

Karma: 0

Hundred-plus Club

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Psi wheels + PK stuff in general

« Reply #100 on: February 05, 2004, 09:01:08 AM »

read the articles here on veritas it tells you there.

Logged  
ragazzopazzesco9

Greenhorn

Settling In

\*

Posts: 23

Karma: 0

Greenhorn

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make a psi wheel spin

« Reply #101 on: February 05, 2004, 12:16:28 PM »

can any one help me get started on getting tyhe psi wheel to spin like do i push energy to the edges or soemthing how do i do it iam confused?

Logged  
the\_flojo  
Flojo Mojo!  
Veritas Furniture

\*\*\*\*

Posts: 445

Karma: 0

Yarrrrrrrrr!

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Psi wheels + PK stuff in general

« Reply #102 on: February 05, 2004, 01:44:00 PM »

Read the psychokinesis double pack in the article section. It'll tell you everything you need. If it's not enough, visit [www.psipog.net](http://www.psipog.net) and go to their articles section. They have wonderful PK articles.

Hope that helps.

Logged

When you describe a senseless act of destruction, such as building a catapult to launch a minivan through someone's livingroom window, to a group containing both males and females, you get these reactions:

Males: Cool!

Females: Why???

Thus, we see the fundamental difference between the sexe  
phantomrage

Greenhorn

New Member

\*

Posts: 8

Karma: 0

Greenhorn

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #103 on: February 05, 2004, 02:10:56 PM »

thanks draconic ill look

Logged

XIII

Pirate of Veritas Ocean

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1152

Karma: 6

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Psi wheels + PK stuff in general

« Reply #104 on: February 07, 2004, 05:40:37 PM »

yup

pretty much sums it up

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

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Author      Topic: Psi wheel    (Read 64051 times)

X473M

Greenhorn

Settling In

\*

Posts: 26

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #105 on: February 09, 2004, 06:04:52 AM »

I just started trying to move the psi-wheel. Though the making of psi-balls work very well for me now, I was very sceptic towards the spinning of a wheel.

So as I started three days ago, I wasn't really trying to spin the wheel, but trying to move it. And yesterday I saw it twitching and moving a bit, though i couldn't really control the wheel.

So one tip for all that just have started, don't give up that quick 'cause everyone can do it, and you could try the ways explained on <http://www.psipog.net>, they have been pretty usefull, just keep in mind that they're more guidelines then a procedure on how to do 'it'. I hope you can get the same success as I had, 'cause it makes you believe a lot more in the fact that there is more then just this Wink

Logged

Live the life you are given!

hewitt

Greenhorn

New Member

\*

Posts: 3

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #106 on: February 09, 2004, 06:28:43 AM »

Quote from: offinadaze

Okay, I read the double package on psionics and since then I've been messing around with my psiweel. Everyonce and a wile when I wake up in the morning things are missplaced in my room.

eg: My cup might have been on my dresser when I went to bed, and when I woke up it

would be on my T.V.

Is it normal to experience this while practicing telekinesis? I think it might be a side-effect of some sort, but I just want to make sure.

Has anyone experienced anything of the sort?

:)Thanks:)

I was always told that with psionics, if you don't truly believe with your whole self that it is possible, then you won't be successful. I had tried the psiwheel with no success. Then I found someone who could do it. I watched in awe and behold!, I could suddenly control it almost flawlessly. A clear mind helps, which is why practicing in the morning helps. After you just wake up, your mind is free of thoughts. If I spend a lot of time doing psionics on any given day, when I fall asleep that night, I usually have strange dreams. When I wake up, things are usually misplaced. One morning, there was an empty glass that I had broken last week which appeared on my table in my room. It was a unique glass so it was not a coincidence. I left it there ---the next day, it had water in it. The next day, water was at the top of the glass. The next day, it was completely full and spilling out the top. The last day, it was gone. Then I put the glass in the sink, and haven't seen it since. It just disappeared again. Strange, but these things happen

\*\*\*\*\*there is no spoon

-hewitt

Logged  
X473M  
Greenhorn  
Settling In  
\*

Posts: 26  
Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #107 on: February 09, 2004, 08:59:40 AM »

Could be the sceptic me, but this all sounds more like a haunted place you live in, or more that your mind is playing games with you, instead of the other way around, hewitt.

I in that matter haven't really paid attention to that sort of thing. Things like that in much smaller size happens to me a lot, but I just realize that it could be that it was there

already, but I just forget it was.

I don't undermine or attack your story hewitt, not at all. But you talk about, as it was the most ordinary thing that would happen to one that does PK. Doesn't it make you wonder how these things happen and if you can train to control these happenings ?

Logged

Live the life you are given!

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #108 on: February 09, 2004, 02:05:13 PM »

Please people, stop flooding the boards with a million copies of the exact same thread

-\_- Try to keep it all together so everyone can have one source for PK info instead of having to browse a million threads.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

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<http://www.energyartmovement.org>

DreamingSaint

Regular Member

A Veritas Regular

\*\*

Posts: 71

Karma: 0

Proud Member since 2004

[View Profile](#)

Don't give up

« Reply #109 on: February 14, 2004, 01:56:40 PM »

This is my fifth day with the psiwheel and my fifth day in psionics. I reviewed all posts on this topic today, saw the movies, tried the techniques, and read the outcomes on Psipog. I have gotten fair results from my psiwheel today by using my finger as a guide. I played around with my psiwheel with my finger (touching it) until I got the basic feel of it. I didn't concentrate or notice at the time, but sometimes the psiwheel would stop and turn before my finger motioned to touch it. I then realized that as I played with it without touching it more and more, I understood what you guys meant by focusing on the psiwheel while focusing on nothing.

I will continue my practices until I can move on to other objects. I hope this post acts as an idea and inspiration. Good luck!

P.S. I got the idea to use my finger to play with the psiwheel from PsiPog

Logged

"Let your instincts take over"

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

[View Profile WWW](#)

Psi wheels + PK stuff in general

« Reply #110 on: February 14, 2004, 08:32:49 PM »

See? This is why I made this giant thread Tongue It is a big, one stop compilation of info for people to use at their convenience. This is why I want people to post PK/psiwheel related things in here, and not flood the forums with it.

Logged

Following our Will and Wind, we may just go where no one's been



Solve et Coagula

Continue Expanding Consciousness...

<http://www.energyartmovement.org>

DreamingSaint

Regular Member

A Veritas Regular

\*\*

Posts: 71

Karma: 0

Proud Member since 2004

[View Profile](#)

Tidbit

« Reply #111 on: February 15, 2004, 01:07:41 PM »

Update: I was trying to move the psiwheel outside of the glass the past 2 days, maybe it works because I was trying for 5 days with the psiwheel inside of a glass cup. But then I thought, why would it matter if it was or wasn't in the glass? Today I tried all day to move it while it sits inside the glass when it occurred to me something that Silverdawn mentioned in the double pack introduction. If psi energy is a form of electric output, then maybe my energy just can't get past the glass barrier. I assume this is so unless someone can point out where I am wrong.

Why did I bring this up? Well, if you were as frustrated as I was trying to move that damn psiwheel inside of a glass container to make sure the wind or anything was moving it, then here's an idea. If you try it with the AC off and outside of a glass container, then it should have a better affect.

Again, if I am wrong, please tell me.

Logged

"Let your instincts take over"

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

[View Profile WWW](#)

Psi wheels + PK stuff in general

« Reply #112 on: February 15, 2004, 07:44:45 PM »

It is possible to move it with an obstruction seperating you from the psiwheel...it's just a mental barrier that most people, (including me), seem to have trouble with.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

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<http://www.energyartmovement.org>

tysonblake

Regular Member

A Veritas Regular

\*\*

Posts: 75

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #113 on: February 16, 2004, 09:17:49 AM »

I put I jar over my psi wheel to keep air from moving it, but it seems like it would take more energy to move the wheel since you need to penetrate through the galss jar.

Logged

Be respectful to other's ideas.

Psyche

Regular Member

A Veritas Regular

\*\*

Posts: 69

Karma: 0

Regular Member

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #114 on: February 17, 2004, 05:28:05 AM »

hey, umm, this may be a little off topic (not too much tho), but I'm a pendelum user. well, I used to. I found out a while ago that if I wanted it to swing in the direction of "yes", it swung in that direction, same with "no" and I can make it swing in circles. But since I figured that I could do that (same with other things weighed down on a thread or chain), I couldn't use my pendelum anymore because I knew I would then get "tampered" results. What would this classified as? Elephant

Logged

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #115 on: February 17, 2004, 02:17:18 PM »

I'm not sure. Don't think it's PK though.

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tysonblake  
Regular Member  
A Veritas Regular  
\*\*

Posts: 75  
Karma: 0

Regular Member

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Psi wheels + PK stuff in general  
« Reply #116 on: February 18, 2004, 09:04:48 AM »  
When I do PK practice I can feel the energy really good in my arms and hands, it is kinda distracting, does anyone else feel this?

Logged  
Be respectful to other's ideas.

Draconic Feathers  
he-who-posts-lots  
Veritas Furniture

\*\*\*\*  
Posts: 428  
Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general  
« Reply #117 on: February 18, 2004, 12:37:10 PM »  
That's normal. I beleive that it's "proof" of you actually doing it. I'm not too sure though.

Logged  
Following our Will and Wind, we may just go where no one's been

Solve et Coagula

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DreamingSaint

Regular Member

A Veritas Regular

\*\*

Posts: 71

Karma: 0

Proud Member since 2004

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Re:

« Reply #118 on: February 18, 2004, 01:13:27 PM »

I believe the sensation in your arms and hands is the psi being manipulated. When I practice on the psiwheel I know i'm starting up my psi due to the sensations I feel. Shortly after the sensations start, if done right, the psi should work in the way you wanted it to.

I found it easier to think passed the object as being an individual object; instead, think of it as just another connection or expression of the energy this world is made of. Feeling the object as an energy and not just as an object helps me manipulate it. This may or may not help.

Logged

"Let your instincts take over"

Unbrakable002

Regular Member

A Veritas Regular

\*\*

Posts: 64

Karma: 0

Regular Member

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #119 on: February 18, 2004, 03:40:02 PM »

Ok, I have a question. Yesterday, I moved my psi wheel (not certain but I'm pretty darn

sure i moved it aka not outside forces) by just thinking of music and thinking of like the music pushing the wheel. Today I have tried about 4 times to move the wheel but haven't been able to. Do I need to gather psi and then like do other things before I try again?

Logged

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Author      Topic: Psi wheel   (Read 64052 times)

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #120 on: February 18, 2004, 03:43:22 PM »

Try the music thing again, then after you get used to moving it, try again without music. I'm not sure about the gathering psi part...you could do it if it helps. But, eventually, you shouldn't have to do that just to move a psi wheel.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

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tesla160

Greenhorn

New Member

\*

Posts: 1

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #121 on: February 18, 2004, 05:41:55 PM »

I practiced for at least an hour a day for about 6 months, also did a lot of concentration and visualization exercises. By then I could spin it clockwise, counter, clockwise or rock back and forth on any one of four axis', from about 10 ft away. Take your time, have confidence and you can do it.

Logged  
Underworlder  
Hundred-plus Club  
A Familiar Feature

\*\*\*

Posts: 144  
Karma: 0

Teacher of the Kinesis

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Psi wheels + PK stuff in general  
« Reply #122 on: February 18, 2004, 05:43:18 PM »  
I unfocus and toy with the psiwheel  
under a glass that is  
i am hoping to find something past pencil rolling any tips?

Logged  
I am an enigma  
wrapped in a mystery  
sheathed in a quandary  
ensconced in a dilemma  
swathed in a quagmire  
swaddled in an imbroglio  
and covered in a white wrapper  
tysonblake

Regular Member  
A Veritas Regular

\*\*

Posts: 75  
Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #123 on: February 19, 2004, 06:28:54 AM »

I've been doing pretty good, but I can only move the psiwheel I use most, I tried making others spin, but I have no luck. Is it just a psychological thing?

Logged

Be respectful to other's ideas.

PSIstudent

Greenhorn

New Member

\*

Posts: 1

Karma: 0

Greenhorn

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Being Careful

« Reply #124 on: February 22, 2004, 05:42:01 AM »

When learning to will the psi wheel it is important that you are very careful to eliminate all of the factors that could make the wheel move without any psi involved. My Tips are...

X Keep windows shut

X Dont put your hands too close (it is a fact of science that the heat from your hand will cause the psiwheel to move

X Eat lots of bananas - bananas contain a lot of potassium in them and it is said to help

X Don't put a glass over it if you feel it will make it harder

- ok, so I sound like a right old skeptic, but I'm not. By eliminating the possibilities your Sub-C will be convinced almost instantly after the event.

Logged

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #125 on: February 23, 2004, 01:57:24 PM »

Those are some good tips that I myself follow. Also make sure that any vents in that room are closed. Even the slightest air current can have an effect on the psi wheel, by either moving it on its own, or causing interference and just making it harder to move.

Logged

Following our Will and Wind, we may just go where no one's been

Solve et Coagula

Continue Expanding Consciousness...

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cyropsion\_26

Veritas Furniture

Veritas Furniture

\*\*\*\*

Posts: 250

Karma: -1

Veritas Furniture

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Psi wheels + PK stuff in general

« Reply #126 on: March 05, 2004, 07:02:59 AM »

when using the psi wheel, is it better to move it with or without your hand next to it?

Logged

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #127 on: March 05, 2004, 12:09:10 PM »

It all depends on you. If you find it easier to move it with your hands, (like most people do), then do so. If you feel that you should try without your hands as some form of insurance to make sure that you aren't moving it with the heat of your hand and not PK, then do so. Try both out, and see what works.

Logged

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GrieverHeart

Regular Member

A Veritas Regular

\*\*

Posts: 53

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #128 on: March 13, 2004, 01:33:41 AM »

When i approach my hand at a distance of 7cm of the psiwheel.If i am consetrated it begins to spin fast enough,clockwise.But i can't make it stop or make it spin counter-clockwise if i have my hand close to the psiwheel.what can i do about it?Any ideas?

Logged

Final Fantasy IX

Think about it, isn't life death itself? i have to kill other beings to survive.

{Final Fantasy XII}

Nekodaimyo

Veritas Furniture

A Familiar Feature

\*\*\*

Posts: 205

Karma: 0

Veritas Furniture

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Psi wheels + PK stuff in general

« Reply #129 on: March 25, 2004, 07:47:51 PM »

Okay i'm going to sound really naive to psi and well I am. Anyway what is a psi wheel and while your at it what is the basic concept at work in psi.

Logged

世界の支配者と言われると、お世辞でもうれしい。

X473M

Greenhorn

Settling In

\*

Posts: 26

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #130 on: April 08, 2004, 10:17:32 AM »

Quote from: Nekodaimyo

Okay i'm going to sound really naive to psi and well I am. Anyway what is a psi wheel and while your at it what is the basic concept at work in psi.

If you've read the articles available on the veritas-site, you would be better informed

then anyone can explain here in a simple reply-message. So I suggest you'd read those first Smiley

Sorry for the offtopic-reply.

Ontopic:

I have been practicing quite some while now and I've got a lot of success. The only thing I need now is a small moment of meditation/concentration and I can move the psi-wheel with either my 'hand' or just plain thought.

If you keep practicing you'll eventually can accept that this is something all humans can, but haven't really learned to. And when you get to that stage, you won't have any trouble moving it, it'll be like (referring to the article) moving your arm and don't have to think about every muscle.

Logged

Live the life you are given!

Frozen

Posting chief

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1072

Karma: 0

Posting chief

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Psi wheels + PK stuff in general

« Reply #131 on: April 08, 2004, 03:25:08 PM »

Quote from: Neo

Yeah, I should remember mine, something to do with putting your finger about 1 cm from one of the corners, feeling the psiwheel attracted to your finger, and then moving your finger, psiwheel included!

But watch out. You might actually be moving the psiwheel /because/ of that finger. You know, like when you use a mask to prevent your breath from moving it. It would be cool if you put a jar on the wheel or a glass bowl and then did that little finger trick. And make sure you don't become dependant on it.

~Frozen

Logged

\* chirss was kicked by kobok (Denny Crane)

I CARVE EVERYTHING YOU SAY INTO MY LEFT ARM!

~ V

<ShoresofPluto> how often do u ignite fires with ur mind?

<kobok> On occasion.

[20:06] <kobok> XIII: You wear your girlfriend's pants??

[20:06] <XIII> kobok: On occasion.

delcaster

Greenhorn

Settling In

\*

Posts: 21

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #132 on: April 08, 2004, 07:00:36 PM »

the only time i ever really moved the psi-wheel fast was after a long break of using psi and the psiwheel was lying near my computer screen. It wasn't moving at all by itself until i tried to move it using psi. I mean that time I had complete control. I could spin it any way I wanted and change speeds. When I moved the psiwheel away from the computer, I couldn't move it again. Do you think the static from the computer screen helped, or for that time it just clicked?

Logged

You do not truly know someone until you fight them

~Seraph

A man without eyes

Saw plums on a tree

He did not take plums

He did not leave plums

How could this be?

Frozen

Posting chief

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1072  
Karma: 0

Posting chief

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Psi wheels + PK stuff in general

« Reply #133 on: April 08, 2004, 07:09:48 PM »

A combo of both. It depends on how near to the screen it was. Like if I take my psi wheel and press it by the comp it sticks to the monitor. But it doesn't spin. Which means your psi played a large part in it's movement. The static sort of helped you, by holding it up for you to spin. It could be a new way to start out with the psi wheel.

Logged

\* chirss was kicked by kobok (Denny Crane)

I CARVE EVERYTHING YOU SAY INTO MY LEFT ARM!

~ V

<ShoresofPluto> how often do u ignite fires with ur mind?

<kobok> On occasion.

[20:06] <kobok> XIII: You wear your girlfriend's pants??

[20:06] <XIII> kobok: On occasion.

Salamander

Greenhorn

New Member

\*

Posts: 9

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #134 on: April 09, 2004, 08:52:29 AM »

hmm sounds interesting, I might try that cos i havent moved psi wheel yet. thanks

Cheesy

Logged

Morning everyone.. Don't worry you're in safe hands with me. ~ Lee Evans

Salamander

aka Kallio Firanyth

aka Dan

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Author      Topic: Psi wheel   (Read 64353 times)

immortal\_87

Greenhorn

Settling In

\*

Posts: 12

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #135 on: April 21, 2004, 10:58:42 PM »

Ok, I will put my question here as well, as it seems to be getting more hits that the other topic. How do I know it is me moving it, is there a feeling I should get? Like a 'oneness' with the psi-wheel, because when I do it, it isn't like I am concentrating on it, just that it is kinda there, and that is it, and it just moves, normally in the direction that i want it to, and when it moves in the wrong direction, I can make it get back into the right direction again, but the feeling I get still isn't clear, it is almost a nothingness, like there really isn't anything that matters in the world, that everthing just is, and that is it. It is actually very peaceful

Logged

Frozen

Posting chief

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1072

Karma: 0

Posting chief

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Psi wheels + PK stuff in general

« Reply #136 on: April 22, 2004, 04:22:15 AM »

Well you said above that you're not concentrating on it... So you could just be subconsciously moving it, but not having all the control you normally would if you had meditated and established a "feel" or "wholeness" with the psiwheel. If it's not moving in

your desired direction all the time, it may be that you need more practice, or that you should try to concentrate or meditate on your wheel. It depends on how you want to move it... are you just going to go MOVE and it moves? Or are you sitting down, sort of feeling out your wheel, then just visualize it moving? Or perhaps are you imagining like... wind or a finger coming along out of no where and flicking the wheel in the direction you want? I still think you may be subconsciously moving it... without actually having to concentrate at all.

~Frozen

Logged

\* chirss was kicked by kobok (Denny Crane)

I CARVE EVERYTHING YOU SAY INTO MY LEFT ARM!

~ V

<ShoresofPluto> how often do u ignite fires with ur mind?

<kobok> On occasion.

[20:06] <kobok> XIII: You wear your girlfriend's pants??

[20:06] <XIII> kobok: On occasion.

Alchemist

Greenhorn

Settling In

\*

Posts: 29

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #137 on: April 22, 2004, 01:01:28 PM »

Quote from: Fear The Dark

Where did you find this? I have never heard of it.

Well its actually its the theory of many people but never written down. im sayin that telekinesis itself defies the laws of nature by being able to move an object without force so if tk/pk is abstract and new, so must it's laws.

Logged

"You can only realise the brightness when you have already realized the darkness."

-Alchemist

beehe

Has a lot of posts

Posts By Osmosis

\*\*\*\*\*

Posts: 517

Karma: 0

Who ceast to exsist

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Psi wheels + PK stuff in general

« Reply #138 on: April 22, 2004, 05:35:14 PM »

i allways say practice the stuff that you stated on even if your done doing it because pratice makes perfect and the master allways are learning for the first time

Logged

~who cares who anyone is long as someone cares about them~egotism at its strongest point

immortal\_87

Greenhorn

Settling In

\*

Posts: 12

Karma: 0

Greenhorn

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #139 on: April 22, 2004, 11:59:14 PM »

Ok, well, as I said, all I do is just kind of think about the psi-wheel without thinking about it, some may know what I mean, it is kind of a limbo area, where you just know it is there and what you are doing, but there is no thought as to how or what you are doing, you are just doing it. I still don't have as good of control over it as I would like, because it takes a little while to get control back when I lose it. I guess I will just meditate on it before hand, maybe that will help with my 'oneness' with the wheel.

Logged

Ness

Greenhorn

Settling In

\*

Posts: 28  
Karma: 0

Greenhorn

[View Profile WWW](#)

Psi wheels + PK stuff in general

« Reply #140 on: April 24, 2004, 02:54:40 PM »

I can get the PSIwheel going, but my problem is that I can't control its direction.

Logged

Back and better than ever!

voidmaster

70 posts!

A Veritas Regular

\*\*

Posts: 70

Karma: 0

70 posts!

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #141 on: April 24, 2004, 03:04:01 PM »

i believe i moved the psi wheel once or it could have been i was stairing at it so long that i imagined that it moved. im hoping thats not the case though Smiley

Logged

Zake

Veritas Staff

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1722

Karma: 0

Veritas Staff

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Psi wheels + PK stuff in general

« Reply #142 on: April 24, 2004, 06:58:02 PM »

Unfortunately, Ness's psi wheel is probably just being blown about by air currents, if theres no control over its actual motion, and yah, voidmaster, staring at a psiwheel long enough can cause it to look like its moving, especially if one is attempting pk.

Sorry to be such a pessimist, though. Perhaps it is actually working and I'm just being a bit of a hardass The infamous Vericow!.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

sweet\_evil\_angel

Greenhorn

Settling In

\*

Posts: 28

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #143 on: April 24, 2004, 08:40:46 PM »

ahh im also having troubles (who isnt?) cause i havent done tk in a while cause of skool and now im trying to do it again and i dont know what im not doing right! meh i will find a way 'believe in the force'

damn television

Logged

voidmaster

70 posts!

A Veritas Regular

\*\*

Posts: 70

Karma: 0

70 posts!

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Psi wheels + PK stuff in general

« Reply #144 on: April 25, 2004, 04:30:08 PM »

well i can still hope tongue

Logged

delcaster

Greenhorn

Settling In

\*

Posts: 21

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #145 on: June 10, 2004, 09:34:34 PM »

i can move the psi wheel and have decent control over direction but mostly when i move it i get a throbbing pain in my head. Also, since i have been moving it my sleeping patterns have dramatically changed. One day i'll sleep 6 hrs... next 14. Are these side effects and if so are these normal? help is appreciated.

Logged

You do not truly know someone until you fight them

~Seraph

A man without eyes

Saw plums on a tree

He did not take plums

He did not leave plums

How could this be?

Draconic Feathers

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 428

Karma: 1

I breathe storm clouds

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Psi wheels + PK stuff in general

« Reply #146 on: June 22, 2004, 09:08:49 AM »

This depends. How hard are you trying? You could be working your mind way too hard, and applying unnesecary stress. And how long are your practices? Practicing too long (or too much) will cause strain on your mind, and have other negative effects etc...

Think about it. If you were to weight lift continuously, more than your body could handle, wouldn't your body start to suffer from over-exertion? The same thing applies to PK and the mind. Try to practice less often, or for shorter periods of time. Rest a bit. You could also just be trying too hard. Try to relax a bit while practicing, try being a tad more passive.

Logged

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igalk474

Regular Member

A Veritas Regular

\*\*

Posts: 59

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #147 on: June 27, 2004, 07:22:12 AM »

can you tell me how to levitate stuff with tk like psiwheel or pencil?

Logged

[http://www.angelfire.com/dragon2/ball\\_z/index.html](http://www.angelfire.com/dragon2/ball_z/index.html)

BloodyBlade

Regular Member

Settling In

\*

Posts: 41  
Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #148 on: June 27, 2004, 11:21:16 AM »

igalk474, it is not as easy as being told how to do it. It takes practice and determination, read some articles on this site and other places. I am just a newby myself, but I never expected to be able to do it in 1-3 days. Ive still been practicing with my psi-wheel and i think i made it budge. ^ \_ ^

Logged

Ignorance is Bliss...

┌┌┌┌┌┌

┌-----┌

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┌┌┌┌┌┌

┌-----┌

┌-----┌

┌-----┌

┌┌┌┌┌┌ loodyBlade

Apoc

Regular Member

A Veritas Regular

\*\*

Posts: 63  
Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #149 on: June 27, 2004, 11:32:40 AM »

Levitation is harder the regular telekinesis, you have to have a lot of dedication and will power and practice, a lot. Maybe you should learn basics first... I saw the TK video on your site and you had to move your hands before the psiwheel could budge.. What's up with that?



I don't think there is any articles on the levitation of an object but I'm assuming the basic concept isnt too much different.. Establish a connection with the object use your subc and psi to make it lift off the ground.

Good luck.

Apoc

Logged

"All knowledge, is ultimately, self knowledge."

Bruce Lee

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Author Topic: Psi wheel (Read 64045 times)

igalk474

Regular Member

A Veritas Regular

\*\*

Posts: 59

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #150 on: June 27, 2004, 01:15:03 PM »

i'm practiced tk for a year the movies on my site was on the earlier stages of my learning in tk, i'm better now , i can spin a triple or quad stacked psi-wheel and i'm trying to do it with 7 not only 3 or 4 ,7 but i didn't secceed it yet,and i'm working on the psi-wheel with a jar and even 2 psi wheels at once but i don't know how to levitate it?

Logged

[http://www.angelfire.com/dragon2/ball\\_z/index.html](http://www.angelfire.com/dragon2/ball_z/index.html)

BloodyBlade

Regular Member

Settling In

\*

Posts: 41

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #151 on: June 27, 2004, 07:43:25 PM »

Ohhhh.... (feels like a dumbass) you never said you had practice or knew anything about PK, sorry.

Logged

Ignorance is Bliss...

~~~~~

~-----~

~-----~

~~~~~

~-----~

~-----~

~-----~

~~~~~ loodyBlade

igalk474

Regular Member

A Veritas Regular

\*\*

Posts: 59

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #152 on: July 03, 2004, 01:38:01 PM »

what do you mean?

EDIT

IIII DID IT , I FINALY DID IT , I DID ITTTTTTTTT!!!!!!!!!!!!!!!!!!!!

i secceded to speen a 7 paper stacked psiwheel

now my next goal is

speening a psiwheel with a jar on it , than

moving something on a surface , than

levitating something , than bending a spoon

i will post the link to the movie after i upload it

EDIT 2

if you want to see it , you can contact me by

msn messenger: igalk474@hotmail.com  
icq: 204896526

Next time, use the "edit" button, instead of making three posts in a row.

~Vitamyst

Logged

[http://www.angelfire.com/dragon2/ball\\_z/index.html](http://www.angelfire.com/dragon2/ball_z/index.html)

beehe

Has a lot of posts

Posts By Osmosis

\*\*\*\*\*

Posts: 517

Karma: 0

Who ceast to exsist

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Psi wheels + PK stuff in general

« Reply #153 on: July 06, 2004, 03:02:24 PM »

i got the psi wheel to move in the direction i wanted today ^^ took me half a year but now i got it to go in the right direction now i just need to make it spin in the right direction it allways spun left to right or clock wise as soempeople would put it but now it spins both ways ^^

oh and i used a nail i filed down the tip of it to make it smother to creat less friction

Logged

~who cares who anyone is long as someone cares about them~egotism at its strongest point

Zake

Veritas Staff

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1722

Karma: 0

Veritas Staff

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Psi wheels + PK stuff in general

« Reply #154 on: July 07, 2004, 02:59:56 AM »

It would have to be easier to have gotten a needle or a pin or similar, wouldn't it? Even a safety pin or similar could have been used. And it'd work better. In either case, you probably did the wrong bit with filing the nail- it would make more sense to file it so that the tip is sharper, so that theres less surface contact between the nail and the paper.

Keep at it, in either case cool.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

beehe

Has a lot of posts

Posts By Osmosis

\*\*\*\*\*

Posts: 517

Karma: 0

Who ceast to exsist

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Psi wheels + PK stuff in general

« Reply #155 on: July 07, 2004, 02:53:06 PM »

yeah probly easier but i was working with what i had and i found something fun to do if there is a light wind you stop the wheel and make it spin the other way and keep doing that itsd mighty fun oh and it was alot sharper but just in case i filed the nails tips edges too

PS: i just looked at my psi wheel in an enclosed area and its spinning like srazy

Logged

~who cares who anyone is long as someone cares about them~egotism at its strongest point

Static

Greenhorn

New Member

\*

Posts: 9

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #156 on: July 21, 2004, 04:14:43 PM »

I see that some of the newer people are having trouble making the psi wheel spin. In the beginning instead of folding the psi wheel like instructed do all the bends it tells you then just blance the peice of square paper on the tack this will cause little friction and will be easier to spin. You must make sure though that there is no kinds of wind because it will be very easy for it to spin.

Logged

~Static

Through the depts of darkness comes your true awakening, and your true exile to faith.

-----  
Join are Psionic Forums Hosted by Solstice at -<http://forum.psychicbody.com/>  
-----

GunBlade

Master Chef

A Veritas Regular

\*\*

Posts: 68

Karma: 0

Master Chef

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Psi wheels + PK stuff in general

« Reply #157 on: July 26, 2004, 04:55:48 AM »

Without any bends, how is it, that it stays on the pin without it being pushed onto the peice of paper ? ^\_^

Logged

:cow:To moo, or not to moo, that is the question. Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fish...The infamous Vericow!

~DarkDuck: And I'll fillet the first fucknugget that tells me that maybe I'm not doing my

Qi Gong right Wink

Static

Greenhorn

New Member

\*

Posts: 9

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #158 on: July 26, 2004, 09:25:51 AM »

Well im sorry I didnt really know hot to explain it so you understand it still has its vertical and half folds but I dont push the oppostie centers together i just keep the paper with its folds and if you do it right it will make a place in the middle to balance the tack on.

Logged

~Static

Through the depts of darkness comes your true awakening, and your true exile to faith.

-----  
Join are Psionic Forums Hosted by Solstice at -<http://forum.psychicbody.com/>  
-----

GunBlade

Master Chef

A Veritas Regular

\*\*

Posts: 68

Karma: 0

Master Chef

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Psi wheels + PK stuff in general

« Reply #159 on: July 27, 2004, 05:48:02 AM »

ah i see Smiley

Logged

:cow:To moo, or not to moo, that is the question. Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fish...The infamous Vericow!

~DarkDuck: And I'll fillet the first fucknugget that tells me that maybe I'm not doing my

Qi Gong right Wink

phenomenon

Greenhorn

New Member

\*

Posts: 2

Karma: 0

Greenhorn

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Only a Wheel?

« Reply #160 on: August 15, 2004, 04:05:08 AM »

\*MESSAGE EDIT\*

Logged

Webmaster: The Supernatural World

animeorb

Greenhorn

New Member

\*

Posts: 2

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #161 on: August 24, 2004, 07:18:10 PM »

it doenst meen much but as soon as i made a psiwheel and had it in a good place it moved....but it was semi- at will so i will report back when it is complytly at will,

:fightmonk :fightmonk :fightmonk

Logged

Daemon

Regular Member

A Veritas Regular

\*\*

Posts: 55

Karma: 0

Regular Member



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Psi wheels + PK stuff in general

« Reply #162 on: September 01, 2004, 06:59:09 PM »

\*quits after reading the first page\* this is one long ...er...topic, anyways, i cant move or make anything twitch and ive been trying for 4 years now Smiley ive gone through books, techs, forums, trainers, sifu's , you name it, it just doesnt work for me \*shrugs\* helpless? yeahuh but dont let that discourage you, ive seen it done.

Logged

One who loves his life, will loose it...one who despises his life, will keep it for all eternity.

Cyral

Greenhorn

New Member

\*

Posts: 1

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #163 on: September 14, 2004, 03:51:49 AM »

Everyone has its own technic, keep practicing different ones (like imagination, willpower etc..) I found myself confused in the early stage of the psi-wheel concerning how to 'move' it. For the ones that can't manage here is my explanation of succesfully moving and controlling it.

I find out that I was mixing up two things, trying to move the psi-wheel with my mind and with energy from my hand ( or anyway you would like to describe it ). What I did was clear my mind and focusing on the flowing of the energy first and feeling it before I start anymore attempts to rotate the wheel.

If you don't seem to get it to work, don't get discouraged, try feeling the energy first, that really helped for me. Use meditation and relax ( 4 seconds-breathing, there is a good article on veritas about this ).

After a while you can feel the energy when you want to, tingling and temperature-shifting overwhelm the parts of the body where you want it to, in my case my hands. Second thing what I did, was putting my right hand next to the wheel and focusing on the energy flowing from my hand around the wheel. If you feel any temperatureshift or tingling in your hands it means you're doing the right thing, the more you feel the more energy passes through (make sure you are relaxed though!).

If you succeed in that step, try looking slightly over the psi-wheel and say / imagine short commands that the psi-wheel can perform. What may help is programming the commands, i.e. physically rotating the psi-wheel and keeping that image in your head together with a command.

Practicing these steps really gave me the desired result. I can now rotate the psi-wheel in any direction, though if i get distracted in any way the psi-wheel stops. So give it your full and complete attention and thoughts like: 'why is it not moving' or 'damn thing rotate already!' won't do you any good. Stay relaxed and focused that's the key for me...

One final tip: Don't overdo it, if you can't manage and are tired of it, let it rest, tomorrow is another day.

Well it has become a very long post, my apologize for that, but hopefully some people can work with this information.

Good luck to you all

Logged  
Daemon  
Regular Member  
A Veritas Regular

\*\*

Posts: 55  
Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #164 on: September 19, 2004, 06:49:14 PM »

well , I did it Smiley , i could actualy do it all along...its just i thought it was my breath and such...but nope...it moves at my will so this is good...but i cant seem to get anything else to budge...

Logged  
One who loves his life, will loose it...one who despises his life, will keep it for all eternity.

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<http://forums.v society.net/index.php/topic%2C24.165.html>

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Author Topic: Psi wheel (Read 64074 times)

Big Z

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 373

Karma: 0

he-who-posts-lots

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Psi wheels + PK stuff in general

« Reply #165 on: September 26, 2004, 06:51:30 PM »

Does anybody have a good link for making psiwheels, because with the ones i've found i can barely even get it to balance.

Logged

"If you sit by the river long enough all your enemies will float by."  
Chinese Proverb

If you jog every day, you will add five years onto your life, but all of those years will be done jogging.

Calvin

Im in your statues

Veritas Moderator

Veritas Furniture

\*\*\*\*\*

Posts: 352

Karma: 6

...watchin your peoples

View Profile

Psi wheels + PK stuff in general

« Reply #166 on: September 26, 2004, 10:40:51 PM »

Big Z: [http://psipog.net/show\\_2.html#paper](http://psipog.net/show_2.html#paper)

That should be sufficient in showing you how to make a "psi wheel". Smiley

Logged

Vitamyst

"The only source of knowledge is experience."

"Like, how do you summon 1.4 significant members? Simple, 1 significant member, followed by a certain number of random occurrences of Arck."

-Vivi, on the summoning of past members

Big Z

he-who-posts-lots

Veritas Furniture

\*\*\*\*\*

Posts: 373

Karma: 0

he-who-posts-lots

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Psi wheels + PK stuff in general

« Reply #167 on: September 30, 2004, 01:40:01 PM »

Thanks Vitamyst, that looks a lot better than what i've had.

Logged

"If you sit by the river long enough all your enemies will float by."

Chinese Proverb

If you jog every day, you will add five years onto your life, but all of those years will be done jogging.

tysonblake

Regular Member

A Veritas Regular

\*\*

Posts: 75

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #168 on: November 22, 2004, 10:14:14 AM »

Big Z if you don't mind me asking, what part of PA do you live in?

Logged

Be respectful to other's ideas.

Big Z

he-who-posts-lots

Veritas Furniture

\*\*\*\*

Posts: 373

Karma: 0

he-who-posts-lots

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Psi wheels + PK stuff in general

« Reply #169 on: November 22, 2004, 12:52:00 PM »

Williamsport, which is in north central PA, right next to the susquehanna river, how

about you?

Logged

"If you sit by the river long enough all your enemies will float by."

Chinese Proverb

If you jog every day, you will add five years onto your life, but all of those years will be done jogging.

Daemon

Regular Member

A Veritas Regular

\*\*

Posts: 55

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #170 on: November 22, 2004, 01:16:17 PM »

North Nj for me ^.^

Logged

One who loves his life, will lose it...one who despises his life, will keep it for all eternity.

Overseer

Greenhorn

New Member

\*

Posts: 2

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #171 on: November 23, 2004, 10:11:12 AM »

Quote from: Big Z

Williamsport, which is in north central PA, right next to the Susquehanna river, how about you?

Bedford County, aka nowhere. tongue

Logged

When someone knocks you down is it easier to stay down or get back up? Stay down.  
But is that the choice that will benefit you most?

elesarn

Greenhorn

New Member

\*

Posts: 1

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #172 on: December 08, 2004, 04:20:27 PM »

hey neon this is elesarn. i have a technique for the psi wheel for you. first, i make a medium sized psi ball; not too big, not too small. then, i visualize the energy in the ball going into the psi wheel. after that, i just imagine dawning energy from the psi ball. hope this helps!

elesarn

Logged

neon

Greenhorn

Settling In

\*

Posts: 28

Karma: 0

Greenhorn

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Psi wheels + PK stuff in general

« Reply #173 on: December 28, 2004, 08:28:30 AM »

Yeah... Look at the date I posted that on. A year minus three days ago from your post.

Logged

-neon-

Fate is the door, choice is walking though it...

Xeno

Regular Member

Settling In

\*

Posts: 48

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #174 on: February 01, 2005, 03:33:58 PM »

Wow, there are a lot of posts here. Too many for new people to come read through.

Logged

I need a good signature...

Vixkill

Regular Member

Settling In

\*

Posts: 33

Karma: 0

Regular Member

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Omg!

« Reply #175 on: March 13, 2005, 05:58:19 PM »

5 seconds in and i can move the pin wheel! this is soooo cool! i use the put your hands near it method. it could have helped that i've been doing chi exercises and some tai-chi for a while now. and i can stop it and change it's direction!

you guys rock!

Elephant :fightmonk

is there a speed limit on these things?

[edit:] so i'm trying moving a key on a string, and the pinwheel is moving instead. what the?



Logged  
Zake  
Veritas Staff  
Veritas Moderator  
Posts By Osmosis  
\*\*\*\*\*

Posts: 1722  
Karma: 0

Veritas Staff

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Psi wheels + PK stuff in general  
« Reply #176 on: March 13, 2005, 07:32:37 PM »  
Habit, perhaps. Or more likely, just random air; psiwheels move for all sorts of reasons, which is their big disadvantage as telekinetic training bits.

Logged  
Act; for the universe will never forget your movement, nor will it ever forgive your stillness.  
mikeman52  
Greenhorn  
New Member  
\*

Posts: 6  
Karma: 0

Greenhorn

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Psi wheels + PK stuff in general  
« Reply #177 on: March 21, 2005, 12:30:19 PM »  
i have the same problem, could anyone tell me wat it feels like to use TK  
Logged  
if you don't learn things yourself, you don't receive responsibility, so you can't take credit.  
beehe  
Has a lot of posts  
Posts By Osmosis  
\*\*\*\*\*

Posts: 517  
Karma: 0

Who ceast to exsist

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Psi wheels + PK stuff in general

« Reply #178 on: March 21, 2005, 12:32:11 PM »

i don't feel any different how about you ? well besides being tired after trying to move it strait for an hour or more

Logged

~who cares who anyone is long as someone cares about them~egotism at its strongest point

mikeman52

Greenhorn

New Member

\*

Posts: 6

Karma: 0

Greenhorn

[View Profile](#)

Psi wheels + PK stuff in general

« Reply #179 on: March 21, 2005, 12:40:19 PM »

i don't no, i've been unsuccessful so far

Logged

if you don't learn things yourself, you don't receive responsibility, so you can't take credit.

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Author Topic: Psi wheel (Read 63951 times)

beehe

Has a lot of posts

Posts By Osmosis

\*\*\*\*\*

Posts: 517

Karma: 0

Who ceast to exsist

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Psi wheels + PK stuff in general

« Reply #180 on: March 27, 2005, 02:23:35 PM »

ahh well most people i have talked to don't feel anything normally unless they are trying

to feel sensations i dunno eather

Logged

~who cares who anyone is long as someone cares about them~egotism at its strongest point

Vixkill

Regular Member

Settling In

\*

Posts: 33

Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #181 on: April 06, 2005, 12:22:03 AM »

i develop kind of a preasure/numbness/pain kind of around my eyes towards the top-front of my brain. it's not good, but it helps knowing when it's you.

ah, and i was more-or-less kidding myself when i thought i had any kind of controll before. it'd been spinning anti-clockwise constantly untill about two weeks ago, now it just spins in random directions mostly. maybe the flame thing might help...

does anyone else develop headaches a while after practicing?

Logged

ChezNips

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1722

Karma: 7

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Psi wheels + PK stuff in general

« Reply #182 on: April 06, 2005, 05:36:12 AM »

Headaches are a common complaint for those doing psi. Think of it as exercising a muscle you haven't used in a long time. The more you exercise it, the less the headaches will become eventually. Try not to do a marathon session and go to gradually increasing time and energy used and that should help. And learning to relax while doing it, passive violition is required, not force. Smiley

Logged  
some days you're the bug, some days you're the windshield.  
beehe

Has a lot of posts  
Posts By Osmosis  
\*\*\*\*\*

Posts: 517  
Karma: 0

Who ceast to exsist

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Psi wheels + PK stuff in general  
« Reply #183 on: April 08, 2005, 08:59:57 AM »  
i get head achs from sinuses and never got one from practiceing anything psi related  
hm.... strange.... meh if i can figure out why i can help other not get annoying head achs  
but instead make then thirsty so they have to drink lots of water like me Laugh

well just be glad its really hard to drink enof water in most of my pratice sessions i do

Logged  
~who cares who anyone is long as someone cares about them~egotism at its strongest  
point  
shaneapp  
Greenhorn  
Settling In  
\*

Posts: 31  
Karma: 0

Greenhorn

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Psi wheels + PK stuff in general  
« Reply #184 on: April 08, 2005, 11:10:57 AM »  
I usualy keep my practice sessions to around 30 minutes max. Usualy when i didnt have  
any success with the psi wheel i used to get disheartened but its better to not take it as  
a 'failure' but as one more step or 'traning session' to the goal. I can move it now  
though. I dont get any sensations by PK either, only as im concentrating and staring at  
the same spot i sometimes go a little dizzy and my eyes loose focus for a second but

thats all. I find that just stareing at the psi-wheel, while calm and focused is enough to move it, and intead of using a technique i just say in my say in my head 'When ever your ready' and just relax and dont focus on an outcome.

Logged  
Vixkill  
Regular Member  
Settling In  
\*  
Posts: 33  
Karma: 0

Regular Member

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Psi wheels + PK stuff in general

« Reply #185 on: April 09, 2005, 08:57:09 PM »

could practicing with psi wheels develop into a crutch? like, you'd find it a bit harder than what might be normal to learn to move other things?

are there other exercises out there that would use the same amount of energy/power?

if you've learnt some PK, what other 'ability' would be the next thing to start learning? spoon bending?

Logged  
beehe  
Has a lot of posts  
Posts By Osmosis

\*\*\*\*\*

Posts: 517  
Karma: 0

Who ceast to exsist

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Psi wheels + PK stuff in general

« Reply #186 on: May 02, 2005, 07:40:57 AM »

pencil rolling, spoon bending sure you can do it people have done it so i see no reason other cannot its all what you belive deeply if you belive you can move something or something goes somewhere else so strongly you will effect it..

laws of the mind XD

"your brain is in a prison where it is in continual darkness and has only electrical and chemical connection with the outside world.... you know something that just freaks me

out that we have exsisted like that for years theres more then meets the eyes the skin the vibrations of air that is sounds..... there is more out there because we will allways have to learn...."~unknown because i forgot where i read it XD

The infamous Vericow!

Logged

~who cares who anyone is long as someone cares about them~egotism at its strongest point

Iquey

Greenhorn

Settling In

\*

Posts: 25

Karma: 0

Rainbowz!

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Psi wheels + PK stuff in general

« Reply #187 on: June 29, 2005, 11:39:54 AM »

Quote from: ShinKu

Welcome, Iam sorry if there been a thead like this before Iam to lazy to search the other pages,but how do you get things to move.

I personal use will power. Just looking at the object, subconsily knowing the goal to move the object. Ive sat like this for sometimes up to two hours trying to move my lava lamp.Two hours you say, nope I'am not mad but I hate giving up on things.Probly that determination that makes me so good with tk.I am getting a webcam soon (Woo...) and Ill record me moving some stuff and put them up on my server. Ill also add a ftp account for anyone to use and upload stuff the server.

O\_O... are you sure you want to start out with a lava lamp? those things are darn heavy!!!

unless you're talking about the cute keychain kinda.

Logged

Don't say you have nothing up your sleeves when you're wearing a tube top... ! It makes people suspicious...

Aurafire

Posts By Osmosis

\*\*\*\*\*

Posts: 1173

Karma: 63

Village Idiot

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Re: Psi wheel

« Reply #188 on: July 15, 2005, 05:48:32 PM »

Psiwheels can be a crutch, it feels like I've regressed with them when I started working with ping pong balls. I think it's because I'm learning a new motion, though. I found a new route to head in, though. Moving psiwheels when they're further away. Just gradually work it so the psiwheel can spin over a larger distance from your body. This is harder because the energy has to pass over a greater amount of space to reach the object.

Logged

Patience is never inherited nor acquired, but only practiced everyday.

Cogito

Veritas Furniture

Veritas Furniture

\*\*\*\*

Posts: 319

Karma: -1

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Re: Psi wheel

« Reply #189 on: July 18, 2005, 08:09:27 PM »

I haven't had any problems increasing the distance between me and my target. It works the same way, I just find it harder to feel the connection between me and the object. But once I get that going, it's surprisingly easy...

Logged

beehe

Has a lot of posts

Posts By Osmosis

\*\*\*\*\*

Posts: 517

Karma: 0

Who ceast to exsist

[View Profile](#)



Re: Psi wheel

« Reply #190 on: July 19, 2005, 05:21:35 PM »

well i have found out i can make lights short out and go back on when i please its cool but tiring >.< but remeber don't do it too many times or you break the light heh my paretns cannot seem to figure out wahts wrogn with the wirign in the basement rolleyes

Logged

~who cares who anyone is long as someone cares about them~egotism at its strongest point

Anima\_de\_profundis

New Member

\*

Posts: 9

Karma: 0

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Re: Psi wheel

« Reply #191 on: July 24, 2005, 08:14:02 PM »

Hello guys,

Psy wheel?

What is a psy wheel? Is it a wheel that it is suposed to be imagined (created) under an object to moove it?

Thank you for you time.

Logged

Zake

Veritas Staff

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1722

Karma: 0

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Re: Psi wheel

« Reply #192 on: July 24, 2005, 09:05:57 PM »

Yah, "psi wheel" sounds like something really powerful and dramatic, doesn't it? It gets everyone, first time through, I'd bet cool.

Its actually (I'm sure that this has to have been described somewhere else in this thread, but asking one to search through twelve and more pages seems unreasonable) just a practice tool for aspiring telekinetics; a piece of paper balanced on a pin, essentially, made so that the paper can be relatively easily spun via psychokinesis. More details can be found in the "Pk double pack" article in the psi section.

Logged

Act; for the universe will never forget your movement, nor will it ever forgive your stillness.

Anima\_de\_profundis

New Member

\*

Posts: 9

Karma: 0

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Re: Psi wheel

« Reply #193 on: July 25, 2005, 01:09:57 PM »

Hello,

Thank you for your swift reply.

And why is it called psy wheel? Mooving a paper over a pin is very simple to do. To insulate exterior factors, that paper,( or even better an alluminium cross whose arms can be bent down, supported im the tip of the pin), one can should a glass, or a thin jar over it. (air drafts respirations etc, will not interfere)

That is an extremely easy thing to do. It can be mooved by placing one hand about 3 inches appart from the cross and wish the side you want it to moove.

The trick is not to be too concentrated. 'Wish' it strongly, but calmly. There is nothing to it: Anyone can do it!

Remember, have a good night sleep, don't eat too much before it, and 'don't worry in doing it', instead, take it lightly, and success is guaranted.

If you want you can direc a current of plasm to it with your hands it will make the cross spin faster.

That experience is very easy to achieve. Anyone who wasn't able to do it, should get some rest, see if their health is ok, and do some relaxation techniques (this will charge the bioenergetic body). Then hands on it, and you can be sure it 'is going to moove'!

Another one very interesting is the Ripoff rotor, far bigger than a psi weel. It is a card

board cilinder whose axis is conected to a needle. The group is balanced over a glass surface. (it looks like an abbat-jour).

Telekinesis is not easy to acheive, but the main cause of that is doubt and lack of confidence.

If people persuit telekineses per se, they will have a long battle. Telekinesis will eventually start to appear when one manipulatres bioenergetic energy. Meanwhile, healing power and power over situations, over outside minds, whatever, will develop as well.

All the best

Logged  
beehe  
Has a lot of posts  
Posts By Osmosis  
\*\*\*\*\*

Posts: 517  
Karma: 0

Who ceast to exsist

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Re: Psi wheel

« Reply #194 on: July 25, 2005, 02:22:40 PM »

or if you want random psychokentic activity for me don't get alot of sleep. Eat normally and attempt to watch a dvd and watch the tv and dvd freak out... and the other electronic attached to the dvd and tv...

Logged  
~who cares who anyone is long as someone cares about them~egotism at its strongest point

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|| |-+ Psi wheel 0 Members and 2 Guests are viewing this topic. « previous  
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Author Topic: Psi wheel (Read 63542 times)

Pyro132

New Member

\*

Posts: 1

Karma: 0

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Re: Psi wheel

« Reply #195 on: July 28, 2005, 05:28:56 PM »

Hi. I recently started trying to do psi. Im using an aluminum Psi Wheel. I am having trouble moving it. I put a plastic bowl over it so wind wouldnt affect it. I can get it to even bob. Can you give me some assistantance?

Logged  
Anima\_de\_profundis  
New Member  
\*

Posts: 9  
Karma: 0

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Re: Psi wheel  
« Reply #196 on: July 30, 2005, 07:51:57 PM »  
Hi,

Training pk powers by their own is not a very good idea, because it can be, sometimes, frustrating and you won't receive any other benefits. I will, however, try to help you.

- 1) Confidence. Even if you don't have doubts that this can be done, if you doubt 'you' can do it. You won't be able to do it properly.
- 2) Energy. How is your health? Are you getting enough sleep. Get yourself fit. Physically and mentally. People with lack of vitality can't use pk (there are exceptions on gifted people)
- 3) Focus vs tension. When you perform the exercise how is your state of mind? Are you calm, steady and focused, or are you anxious to see it moving and then frustrated when it doesn't? Choose the first one. Work without expectation. Do a bit everyday, 'knowing you will succeed'. If any other person has done it, you will be able to do it too, even if not so well, at least you 'will' be able to do it. (only if you aren't human, but I guess that then you wouldn't be here right? wink)
- 4) Progressive training. Though pk energy passes through glass, it is needed more pk power to do it inside a bowl. Start by doing it without the bowl. Put your hand 3 inches from its side and it will move. When you get it moving, move on to the next phase: the choice of the side to which it should move. When you can do it, then, you can start using a thin glass covering it.
- 5) Improve your energy system by performing regular bioenergetic exercises. There are good books on the subject in the Market. Choa Kok Sui's work on Pranic Healing is excellent. If you are more into Western mysteries, then the magical Exercises of the Middle Pillar and circulating the aura are good for you. Meditate, meaning, relax and imagine your body filling up of white brilliance, from your head to your feet. Relax deeper and turn that colour into golden, or violet. Pranayama exercises of yoga are also good.
- 6) Moving an aluminium cross won't serve you no good. Learn to obtain real power.

All the best,

\* Círculo de fogo.jpg (19.21 KB, 384x288 - viewed 54 times.)

Logged

XIII

Pirate of Veritas Ocean

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1151

Karma: 6

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Re: Psi wheel

« Reply #197 on: August 06, 2005, 02:40:35 PM »

What do you mean, training pk by itself isn't a good idea? PK is a skill with reaches in the basics of many other skills, and is a great stepping stone to core skills needed to learn others, such as focus, energetic awareness, and laser-sharp concentration. It also boosts morale and belief if done correctly, which in turn helps other skills later on. Besides, who ever said training more than one thing at once was a good idea? They take time away from each other, and you move slower. It's better to focus on one thing and get better at it to be able to switch to another. <rant/>

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

pimper

New Member

\*

Posts: 1

Karma: 0

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Re: Psi wheels + PK stuff in general

« Reply #198 on: August 10, 2005, 07:11:34 AM »

Quote from: Sparky on December 12, 2003, 05:43:45 PM

My advice to you is try coloured Psi Wheels they work a treat, i'm still using them and if you like you can draw something on them so you get not only nice colour but a nive swirly design to lol.

plz tell me how to do these things i would really like to try them ive tried psi balls but i just feel energy between my hands they dont move things or do anything plz help wink

Logged  
delcaster  
Greenhorn  
Settling In  
\*

Posts: 21  
Karma: 0

Greenhorn

[View Profile](#)

Re: Psi wheel

« Reply #199 on: August 15, 2005, 06:12:10 PM »

pimper, my advice to u is to read the wonderful pk articles on veritas and at psipog.

moving the psiwheel like any other skill takes practice so dont be surprised if u dont get it right away. just keep trying and u will get it. think positive!

\*hands pimper a motivational cow The infamous Vericow!

Logged  
You do not truly know someone until you fight them  
~Seraph

A man without eyes  
Saw plums on a tree  
He did not take plums  
He did not leave plums  
How could this be?

psychicT0201  
Veritas Furniture

\*\*\*\*

Posts: 339  
Karma: 0

Veritas\_Hobo - Master of Hobokinesis

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Re: Psi wheel

« Reply #200 on: August 22, 2005, 05:00:38 PM »

Quote from: neon on December 12, 2003, 02:16:37 PM

I've been trying the psi wheel for about just over a week and I have moved it every now and then but it's just not working for me any tips would be of great help.

I suggest you try starting with something else a little more simple. When I started, I used a candle, then a pendulum.

« Last Edit: May 24, 2006, 01:51:41 PM by psychicT0201 »    Logged

letabrothersurf

New Member

\*

Posts: 6

Karma: 0

hey, kids

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Re: Psi wheel

« Reply #201 on: September 06, 2005, 10:31:19 AM »

Quote from: psychicT0201 on August 22, 2005, 05:00:38 PM

Quote from: neon on December 12, 2003, 02:16:37 PM

I've been trying the psi wheel for about just over a week and I have moved it every now and then but it's just not working for me any tips would be of great help.

I suggest you try starting with something else a little more simple when started, I used a candle at first then a pendulum. also try people since they have more energy than an inanimate object. wink

what do you mean, "try people..."?

Logged

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. 3:16 John

Jhazared

A Veritas Regular

\*\*

Posts: 69

Karma: 0

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Re: Psi wheel



« Reply #202 on: September 06, 2005, 11:08:54 AM »

Quote

Do a bit everyday, 'knowing you will succeed'

How does one know he will succeed without knowing he will succeed?

Logged

"...be as shrewd as snakes and innocent as doves."

-Yeshua, Matthew 10:16

psychicT0201

Veritas Furniture

\*\*\*\*

Posts: 339

Karma: 0

Veritas\_Hobo - Master of Hobokinesis

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Re: Psi wheel

« Reply #203 on: September 21, 2005, 03:20:32 PM »

Quote from: letabrothersurf on September 06, 2005, 10:31:19 AM

Quote from: psychicT0201 on August 22, 2005, 05:00:38 PM

Quote from: neon on December 12, 2003, 02:16:37 PM

I've been trying the psi wheel for about just over a week and i have moved it every now and then but its just not working for me any tips would be of great help.

i suggest you try starting with something else a little more simple when started, i used a candle at first then a pendulum. also try people since they have more energy than an inanimate object. wink

what do you mean, "try people..."?

i meant try to push and pull people with your energy. what happens is you connect with their aura and influence them in the direction that your hands are going.(stand behind so they can't be subconsciously influenced). make sure your movements are precise and slow.

Logged

Kichara

Posts By Osmosis

\*\*\*\*\*

Posts: 982

Karma: 11

Row, Row, Row Your Boat

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Re: Psi wheel

« Reply #204 on: September 28, 2005, 03:46:19 PM »

"Knowing you will succeed" is more like physically feeling that you will do it, like a sub-conscious thought

Logged

Hey, whats up?

Please vote in my poll:

<http://forums.v society.net/index.php?topic=12212.0>

Entity

Veritas Furniture

\*\*\*\*

Posts: 378

Karma: 7

:: A a U u M m ::

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Re: Psi wheel

« Reply #205 on: November 09, 2005, 01:19:11 PM »

If you want to get good at any of this stuff then I recommend meditating at least once a day

Logged

:: O m N a m a h S h i v a y a ::

Roukami

New Member

\*

Posts: 8

Karma: 0

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Re: Psi wheel

« Reply #206 on: March 18, 2006, 10:24:59 AM »

Forgive me if this has already been discussed... But I thought it was proven that

psi-wheels will move due to vortices in the air created by the heat of the hands, which swirls upwards, much like the fashion of the upward streams of warm air in weather, which cause tornadoes... I've seen videos of people surrounding a psi-wheel with tea-cups and pouring hot tea into them... as a result the psi-wheel moved.

Do any of you cover your psi wheel with a cup or lid, or don't put your hands around it?

I don't wish to be a skeptic... this kind of stuff I believe is real to some extent... but I got a psi-wheel to move by merely putting 1 hand by it while I watched tv... I doubt there was any real concentration there Tongue

Logged

XIII

Pirate of Veritas Ocean

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1151

Karma: 6

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Re: Psi wheel

« Reply #207 on: March 18, 2006, 12:24:43 PM »

That's called air, man. Try doing it under a glass.

Logged

(04:16:47) (@kobok) And if you push hard enough, you can shove quite a lot into a chicken.

Roukami

New Member

\*

Posts: 8

Karma: 0

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Re: Psi wheel

« Reply #208 on: March 18, 2006, 01:05:27 PM »

I know I know... that's what I said... but has anyone been able to do it under a glass? ^^

Logged

NeoSlasher

New Member

\*

Posts: 1

Karma: 0

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Re: Psi wheel

« Reply #209 on: May 30, 2006, 01:43:31 PM »

Well, I came accross this video if it answers your question:

<http://youtube.com/watch?v=w86hDdUD03o&search=Psiwheel%20glass>

It LOOKS real for the most part, only way I could think of it being faked is if there were a heat source beneath the table, but meh...

New member, btw. Hiyo everyone Cheesy

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Author Topic: Psi wheel (Read 63551 times)

Anti

Settling In

\*

Posts: 21

Karma: 0

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Re: Psi wheel

« Reply #210 on: June 17, 2006, 07:47:38 PM »

Quote from: psychicT0201 on September 21, 2005, 03:20:32 PM

Quote from: letabrothersurf on September 06, 2005, 10:31:19 AM

Quote from: psychicT0201 on August 22, 2005, 05:00:38 PM

Quote from: neon on December 12, 2003, 02:16:37 PM

I've been trying the psi wheel for about just over a week and i have moved it every now and then but its just not working for me any tips would be of great help.

i suggest you try starting with sumthang else alittle more simple when started, i used a candle at first then a pendulum. also try people since they have more energy than an inatimate object. wink

what do you mean, "try people..."?

i ment try to push and pull people with your energy. what happens is you connect with their aura and influence them in the direction that your hands are going.(stand behind so they cant be subconsiously influenced). make sure your movements are precise and slow.

Moving people is quite possible for a good start, beings knowing your target seems to be a good imprtance in moving it ('feeling', concentrating, 'becoming one') because we can relate better with one being one ourselves. But, You dont know how it will turn out exactly, making knowing it will happen a bit hard. Also, moving people could become a bad practice, or means of attack or something. Not to mention this might become harder because there is probably more doubt that one can move a person compared to moving

say a penny, or psiwheel. This is just my opinion, mind you... Does anyone have any thought on these? huh

Welcome Neoslasher! Smiley

To ShadowWarrior: I have had little luck moving the psiwheel under a cover, but have made some progress. Also, I've recently tried pendulums and candles under covers aswell, and had good progress aswell. So, it is possible, if thats your question Tongue grin

Hope I helped someone.

>Anti

Logged

"Tis the season...Hell, it's always the season"~Anti

"You can't move in bullettime, but you can dodge bullets. Understand?" ~Zankuro perfectcircle.

Settling In

\*

Posts: 15

Karma: 0

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Re: Psi wheel

« Reply #211 on: August 08, 2006, 12:29:01 PM »

ive only been doing it two days, but i can definately make it move. ive tried alot of methods, but the only one that makes it move is the just do it method. can you guys like tell me what the best methd is, well of course i mean in you own opinion. lol.

also, i can really make it spin persay. all i can do is make it kind of jiggle, and turn at mabe a 50 degree angle.

any ideas guys?

i posted that yesterdy, and now i am making it spin 2 times at a 360 degree angle! i think im getting better. =]

« Last Edit: August 09, 2006, 08:48:31 AM by perfectcircle. » Logged

Razeroth

Veritas Furniture

\*\*\*\*

Posts: 269

Karma: 0

Ut intus , sic vacuus. As within, so without.

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Re: Psi wheel

« Reply #212 on: August 20, 2006, 05:00:06 PM »

To train your abilities even further, put the psi-wheel under a glass cylinder and try to move it in a room with minimal air drafts (you can't stay in an air tight room, don't try...) and move the psi wheel from 10+ feet away.

-Razeroth

Logged

"In the beginning, the primum mobile created the heavens and the earth, and imparted existence. The governing principle of the universe thusforth came forth: duality in its glory..."

perfectcircle.

Settling In

\*

Posts: 15

Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #213 on: August 23, 2006, 12:54:14 AM »

ugh i suck. i was so good just the other day. my record was at least 15 spins in a row. but now i cant even get one? whats wrong?

Logged

Razeroth

Veritas Furniture

\*\*\*\*

Posts: 269

Karma: 0

Ut intus , sic vacuus. As within, so without.

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Re: Psi wheel

« Reply #214 on: August 23, 2006, 02:25:45 PM »

Moving people will NOT be easy when you first start out, if it is even possible to do so at will. I wouldn't expect to move a person just because they have more energy. This is because it isn't the amount of energy that the object has that allows you to move it, but the amount of energy you have to manipulate, among several other things...logically, since matter is condensed energy, an object with more energy would be harder to move, which is why larger objects can be harder to manipulate. It depends on the skill level in question, not the object.

-Razeroth

Logged

"In the beginning, the primum mobile created the heavens and the earth, and imparted existence. The governing principle of the universe thusforth came forth: duality in its glory..."

Underworlder

Hundred-plus Club

A Familiar Feature

\*\*\*

Posts: 144

Karma: 0

Teacher of the Kinesis

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Re: Psi wheel

« Reply #215 on: August 23, 2006, 09:11:42 PM »

Remember the mind needs time to adapt after your training. Just like when training a muscle group you should let it rest for a day afterwards or you will do badly. And moving people IS NOT A GOOD STARTING METHOD, honestly if you would like to follow the DBZ action storyline there are many fansites for you.

Logged

I am an enigma

wrapped in a mystery

sheathed in a quandary

ensconced in a dilemma

swathed in a quagmire

swaddled in an imbroglio

and covered in a white wrapper

perfectcircle.



Settling In

\*

Posts: 15

Karma: 0

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Re: Psi wheel

« Reply #216 on: October 02, 2006, 02:05:10 PM »

hey. im doing really good. i started practicing again, and ive gotten better at the psi wheel tenfold. my record is 91 spins. whats you guys' best?

« Last Edit: October 02, 2006, 02:12:13 PM by perfectcircle. »

Logged

Master Hamy

New Member

\*

Posts: 3

Karma: 0

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Re: Psi wheel

« Reply #217 on: October 04, 2006, 04:32:12 PM »

what is a psi wheel and how do i create? huh

Logged

Master Hamy

New Member

\*

Posts: 3

Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #218 on: October 04, 2006, 04:34:54 PM »

hello? Please answer. I love tk but i can do it and want to learn cool

Logged

perfectcircle.

Settling In

\*

Posts: 15

Karma: 0

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Re: Psi wheel

« Reply #219 on: October 04, 2006, 04:38:11 PM »

a psi wheel is a little square of paper balanced on a needle or toothpick. you probably want something like wax though to hold the needle in place. you're objective is to move it with your mind (telekinesis). there are many ways to go about this. you can check out some of what the people are saying on this forum, or you can google it. one good site is www.psipog.net or com or org lol i dont remember which one i think its com though. I learned from that site and found it useful as hell. later.

Logged

Master Hamy

New Member

\*

Posts: 3

Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #220 on: October 04, 2006, 04:42:23 PM »

I have another question. Do you make psi balls? grin

Logged

Big Boss

Friggen Crazy

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1458

Karma: 3

Owner of 100000 V-Points

[View Profile WWW](#)

Re: Psi wheel

« Reply #221 on: October 04, 2006, 05:07:06 PM »  
the "psi wheel" thread probably won't get you the most replies in terms of psi balls. Here are some links to learning psi balls.

<http://forums.vpsociety.net/topic/4863.0>

<http://forums.vpsociety.net/topic/6729.0>

<http://forums.vpsociety.net/topic/8783.0>

If you have any other questions, feel free to PM me or any other member here.

Logged

Join my Folding@Home team and do some good! #159490

Details at <http://folding.stanford.edu/perfectcircle>.

Settling In

\*

Posts: 15

Karma: 0

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Re: Psi wheel

« Reply #222 on: October 04, 2006, 05:55:21 PM »

and another word of advice. im new here also but you cant really expect people to reply to you in 3 minutes, so dont be upset when they dont. i posted no one replied. i asked of what theyre records were of spins on the psi wheel. mine is 91, i want to see what other people's are to see how i compare.

Logged

Satelle

Settling In

\*

Posts: 22

Karma: 2

Training is Nothing, the Will to Act is Everything

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Re: Psi wheel

« Reply #223 on: October 04, 2006, 06:21:59 PM »

I use one of those large clear plastic peanutbutter jars (or any of them). Glue the stand to the inside of the lid, and balance the wheel there, then carefully slip the clear jar over. Prevents the air currents very well if it's one of the larger jars, and is pretty portable.

Logged

Satelle ..... Everything May Happen

Fatum Operandi ..... <http://www.FatumOperandi.org>

ThiefDeath

Posting chief

Posts By Osmosis

\*\*\*\*\*

Posts: 1544

Karma: 4

Grammaton Cleric

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Re: Psi wheel

« Reply #224 on: October 04, 2006, 08:17:50 PM »

Master\_Hammy: You usually won't get a good response on a forum for at least a day. If you ever feel you are in need of immediate responses for some reason you can visit the chat room. The link is at the top next to Forums.

Logged

[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

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Author Topic: Psi wheel (Read 63950 times)

haku

Greenhorn

A Veritas Regular

\*\*

Posts: 60

Karma: 0

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Re: Psi wheel

« Reply #225 on: December 18, 2006, 09:08:58 PM »

Well, here is a little something to revive this thread :-P

Well, for the first two days of trying the psi wheel, I did great. I could control the  
movement and how fast it would go.

But today and for the next week, I had a really hard time with the psiwheel. If I think of a direction, it would go the opposite way and it was hard to control, it felt like I was trying hard and 'pushing'. So I stopped for a few days and tried it again.

No Success.

Help anyone? Tongue

Logged

Think!

Aunt Clair

Posts By Osmosis

\*\*\*\*\*

Posts: 1133

Karma: -49

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Re: Psi wheel

« Reply #226 on: January 06, 2007, 06:14:10 AM »

During circle we put a few stations on a lazy Susan and took turns ;

air            psi wheel

fire        lit candle

water shallow water with table confetti floating on top

earth    sand on a metal tin .

air/fire cotton ball soaked in spirit ie ITH by FB

Bardon says it is an advanced technique . 6 out of 8 of us were able to get every station but the cotton ball which no one got going . But yhe other two did not try it at all .

The best results on the Psi Wheel came when one used will sitting directly across from another using psi from both palms cupped slightly off centre on right and left of the psi wheel , about 5 cm away on either side. In that case it went round and round quickly .

Then my partner stopped it and made it reverse , I moved my hands to be off centre in the opposite direction .

We used a white piece of printer paper on a pin

Logged

.....~\*~Love, Light & Laughter~\*~

~\*~Meditation & Mysticism is Magick!~\*~

arclight\_XD

New Member

\*

Posts: 9

Karma: 0

y can't being psychic be easy? ='[

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Re: Psi wheel

« Reply #227 on: February 12, 2007, 05:20:07 AM »

can someone post a pic and/or tell me how to make a psi wheel plz?

thankies Smiley

arclight

Logged

Vines and tendrils winding about,

Trunks and branches, leaves without,

Creatures lurking within the dark,

No light to spread it's heavenly arc.

Zappy

Settling In

\*

Posts: 19

Karma: 0

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Re: Psi wheel

« Reply #228 on: February 17, 2007, 08:29:45 PM »

2 people should get a psiwheel and fight and see who can make it spin(both trying to spin op way) grin

Logged

Bradly

Greenhorn

A Familiar Feature

\*\*\*

Posts: 217

Karma: 0

Love is key

[View Profile WWW](#)

Re: Psi wheel

« Reply #229 on: February 17, 2007, 11:05:55 PM »

arclight\_XD, psi wheels are easy to make, just type psi wheel into google and you get loads of info, but I suppose the wiki entry will do.

[http://en.wikipedia.org/wiki/Psi\\_wheel](http://en.wikipedia.org/wiki/Psi_wheel)

Logged

arclight\_XD

New Member

\*

Posts: 9

Karma: 0

y can't being psychic be easy? ='[

[View Profile](#)

Re: Psi wheel

« Reply #230 on: February 20, 2007, 09:09:08 AM »

thankoo Smiley

arclight

Logged

Vines and tendrils winding about,  
Trunks and branches, leaves without,  
Creatures lurking within the dark,  
No light to spread it's heavenly arc.

Psychic Nightmare

New Member

\*

Posts: 3

Karma: 0

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Re: Psi wheel

« Reply #231 on: February 22, 2007, 12:55:27 PM »

I've recently moved my psiwheel after 2 months practise Smiley, but when i put in glass though, it don't move, but I'm sure I've made it move outside the glass because I can



make it go to a direction i want it to go to after a few seconds. Does anyone know whats the problem?

Logged  
Tempest Desh  
Greenhorn  
Veritas Furniture  
\*\*\*\*

Posts: 296  
Karma: 4

Wannabe Techno-Dervish and Court-Fool-In-Training

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Re: Psi wheel  
« Reply #232 on: February 22, 2007, 06:26:58 PM »

I'm not sure the problem, but putting it under glass is a good idea, IMHO, 'cause it would serve to decrease the number of false positives. Controlling your experiments, especially in regards to psionics, is a must, so as to be able to gauge your results. \*Waits for Kobok or some other Master-Psion to show up and answer the question in full\*.

Tempest  
Logged  
"Appear as you are. Be as you appear." - Mawlana Rumi (ra)  
Bradly  
Greenhorn  
A Familiar Feature  
\*\*\*

Posts: 217  
Karma: 0

Love is key

[View Profile WWW](#)

Re: Psi wheel  
« Reply #233 on: February 22, 2007, 09:36:20 PM »  
I'm not kobok, but well, maybe it WAS something else moving the wheel before, just

make sure. If you're absolutely certain it was PK then I'd say by putting the glass over the wheel, your mind is now under the illusion that it's somehow more difficult to do.

In otherwords, I think it's a psychological block. Get rid of your doubts and uncertainties, and I'm sure you'll get it right.

Logged

Gir93

New Member

\*

Posts: 2

Karma: 0

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Re: Psi wheel

« Reply #234 on: May 26, 2007, 04:28:17 AM »

Well first, I usually make what I call psi ropes and connect them to two points on the psi wheel. Then I slowly move it by puling the ropes. The infamous Vericow!

Logged

I LIKA DA PIGGY!!!!

comrad\_Zer0

Settling In

\*

Posts: 12

Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #235 on: June 14, 2007, 09:52:23 PM »

From <http://www.thekeyboard.org.uk/Uncovered%20psi%20wheel.html>-

Is this guy insane or really smart or both or correct or wrong or what the heck is this guy???

UNCOVERED PSI WHEEL TEST

DAY ONE

TEST 1.....I made a psi wheel. I did this by taking a sewing needle and stuck it into an eraser, point up. I then cut a 2 inch square of paper and folded it up to make a kind of four pointed star and placed it on the needle.

I just left it on my desk while I read some emails. It didn't move, not at all, just the occasional wobble as I moved about typing and so on. When I sat still so did it. A very well behaved psi wheel. Okay, so I have demonstrated that my study is free of draughts.

Having established it wasn't going to move due to draught, I placed my hands around it, one each side forming almost a circle and about an inch from the psi wheel. It naturally moved a little as I placed my hands around it, but that soon stopped and it settled down after just a few moments.

At this point I looked up at the TV to pass the time as I knew nothing was going to happen. My next stage was going to be deliberately trying to move it by will power. I had no sooner looked up at the TV when the psi wheel began to rotate. I am not talking about small little twitches, it actually rotated full circle and kept rotating. It was doing about one revolution every 3 seconds, which may not sound fast but it really looks fast! It looked for all the world as if an electric motor was driving it, it was that regular. It kept going in a clockwise direction at the same rate for something like 30 seconds or so, at which point I removed my hands. As soon as I did so it stopped rotating. I put my hands back, and after a few twitches it started rotating again in a clockwise direction and at the same speed as before. I repeated the exercise once more with the same result, it took a few more twitches to get going this time and did not rotate for as long, it stopped of its own accord while my hands were still there. What was going on?

It wasn't TK. For that to happen would take a deliberate act on my part, otherwise it's the same as seeing a plane fall out of the sky and claiming it was you that did it. Nonetheless, it was most impressive watching this psi wheel spinning around! No wonder that is enough to make the kids think they have TK!

RULE 1 If it doesn't happen when you want to make it happen then it is pointless an invalid to claim it is you doing it when it happens by itself. It may well prove to be that something that you are doing is causing the movement but that may have a perfectly natural non TK explanation. I think at this stage it will be a thermal effect.

[NOTE: WITH HINDSIGHT ON DAY 3.....The room was cool when I first entered so I turned up the heating. The cool room gave good results due to the temp difference, which gradually became less as the air warmed up.]

TEST 2 .....I thought about what could be the mechanism driving the psi wheel. I decided it could be the heat from my hands. By placing my hands around the psi wheel maybe I was causing the air to heat up, expand and rise. Colder and denser air would

be drawn in from 'ground' level, become heated and rise. In effect it would create a small thermal and that air current could rotate the psi wheel if it was not perfectly balanced, which of course it isn't. How to check this idea? I went into the bathroom and ran water from the cold tap over my hands until they were very cold. I came back and repeated the test as before. Nothing happened, it didn't rotate at all. Does this mean my idea of thermals is right. No, of course not. I have no way of knowing if I had tried again without cooling my hands if it would have rotated at that point or not. All I can say at this stage is that it might be thermals. I need to repeat this test a few more times.

RULE 2 One example does not prove anything. If an idea is correct then the phenomenon should be repeatable. If the conditions are the same it should happen the same way every time.

TEST 3..... I covered the psi wheel with a plastic cover. Nothing would induce the little bugger to move, not even threats of shredding it. I tried just ignoring it. That part was easy with so many messages coming in from ppsociety members. Nothing happened. I tried putting my hands around the cover. Nothing. I tried placing my hands on the cover. Nothing. I moved my hands away. Nothing. The psi wheel would not so much as give a tiny little twitch while under cover. Maybe it is thermal then?

TEST 4..... I take off the cover. Now it will not spin at all, even though my hands are in the same position as before. Why not? Nothing has changed. That can't be right though, something must have changed but I don't know what it is yet. 5 minutes later I try again and it rotates, clockwise again, not so much and not as fast, but it does rotate. Why? I take a break for dinner.

[NOTE: WITH HINDSIGHT ON DAY 3.....It doesn't rotate because my hands are still cold from the cold water - I have poor circulation - but as they start to warm up I get a little rotation of the wheel]

TEST 5..... A couple of hours have passed and I decide to try again with it uncovered. Nothing at all. I can't figure out why not. I spin the psi wheel by hand and I am surprised that it only spins for a few seconds. I take off my watch and place it on the desk. I physically push the wheel a few times just to see how long it rotates. Depending on how I strike it the wheel rotates from 3 to 12 seconds. A strange thing then happens. I again put my hands around it in the usual way, it is not moving at this point, and it immediately starts to spin at the same steady rate again in a clockwise direction. As the watch is still on the desk I take a careful note of the time. It kept rotating for an amazing 4 mins 25 seconds. It slowed down just a little now and again, but in the main kept a nice brisk 3 seconds per revolution, approximately. I say approx because I can't watch the wheel and my watch at the same time so have to manually count the revs, one Mississippi, two Mississippi etc.

But what a result! 4 mins 25 seconds of non stop rotation, without any effort on my part at all, it just does it. Why though? I still think it must be thermal.

[NOTE: WITH HINDSIGHT ON DAY 3.....I do not know why the wheel did not rotate first time. Maybe it was stuck on the pin? I don't know]

TEST 6....I keep repeating putting my hands around the wheel and removing them. I do it 4 times and every time the wheel rotates at once and stops when I remove my hands. There is no hesitation, the spin is strong and steady and always, for some strange reason, clockwise. I decide to test my thermal idea again and damn near freeze my hands in cold water, it only takes maybe 30 seconds before I am back at the wheel with cold hands. Nothing happens. Well, just a little half a turn, then it stops That is all it does. A couple of minutes later I try again. (I am typing this page as I am running the tests) It gives a half turn anti-clockwise and stops. Looks like it could be thermal still.

TEST 7..... To test my thermal idea I rush back into the bathroom and place my hands in a bowl of very hot water and they very quickly get very hot! I come back and try again. Guess what? As soon as I put my hot hands around the wheel it starts to spin. I let it spin at the usual rate in the usual direction for two minutes before getting fed up and moving my hands away.

It does seem to to be thermal doesn't it?

If it really is thermal I should be able to replicate this any time I want simply by warming my hands in hot water and repeating the test in the same manner as before. It should work the same every time, if I am right. I appreciate that it hasn't worked for me every time, but then sometimes my hands have been warmer than other times. I take beta blockers for a medical condition and that lowers my blood pressure and keeps my hands colder than a normal persons. Sometimes though I warm up, because like everyone else, my temperature varies throughout the day, in my case more than most. In order to be consistent with my tests I will have to take the temperature of my hands before the test. I should have thought of that sooner!

TEST 8..... I test the temp of my hands using a very accurate thermometer that I once used in the dark room. I grip the base tight, wrapping both hands around it for one minute. Hand temp is 95 F Room temp 71 F. The wheel spins straight away at the usual rate in the usual direction. After 90 secs I move my hands away and it stops. Hand temp after the test is the same.

TEST 9.... I freeze my hands in cold water again and take their temp as before, it reads 71 F. Room temp 71 F still. I repeat the test as before. Nothing! It really does look like its thermal. With hand and room temps being the same, or even nearly so I would think, no thermals are created and the wheel doesn't move. When there is a large difference

in the temp, with the hands being a lot hotter than the ambient temp, we get thermals! One more test then I am going to have to stop, it's getting late.

TEST 10..... Warm up hands in hot water again and measure hand temp as 95 F. Room temp still 71 F. Wheel spins straight away again, but this time only quarter turns back and forth non stop for 2 mins, then I move my hands away and it stops.

I wish I had a digital video! But I do intend getting one within the next month or two because of a cruise we are going on in May. Watch this space!!!!!!

## SUMMARY SO FAR

Okay, this is not an exact science, BUT a pattern does seem to be emerging here. It really does look like it's temperature related and depends on a difference between hand and room temp. More tests need to be done of course, many more. Perhaps the ppsociety TKers would like to help me out here with some tests of their own. It would be a great help.

I appreciate that even if confirmed as a thermal effect, ( BIG if) this is only one type of TK test, i.e. an uncovered psi wheel with the hands placed around it and very close to it. But at least it is a start, we have to start somewhere.

I can't imagine though for one minute that I am the first to carry out such simple basic tests and publish the results on the net - lots of TKers must have done very similar tests. If you happen to know of any please let me know so I can make comparisons. Thanks.

BTW I seem to get the best results when my wrists are touching thus creating a gap at just the fingers. Or maybe I just imagine that? But as it stands at this moment in time, every time I place my hands around the psi wheel it just goes straight into rotation mode. Just done that 5 times in a row during the last couple of minutes. ANYONE should be able to do this. Please advise. Thanks. Placed a glass over the psi wheel, guess what? Nothing, no matter what!

## DAY TWO

I have been thinking about the idea of a thermal effect and to be honest I am not happy with it. If that was all it was then anybody should be able to do it, and clearly everybody can't. I think up a couple more tests.

TEST 11....I am concerned that the psi wheel is not shaped like a propeller blade so therefore should not rotate in an air stream. I would expect it to be more or less static

because of the nature of its symmetrical shape. I place the psi wheel over a central heating radiator, a very hot radiator that you can feel the hot air rising up from. It wobbles about in a random manner without rotating. Occasionally it will give a part turn or a couple of turns one way or the other, but mostly it didn't rotate. The movements were pretty much what you would expect. Doesn't look so good now for thermals!

TEST 12.....I decide to control the conditions a little more this time, the radiator was not the same as the heat from my hands, but nonetheless did confirm my suspicion that an upwards air current does not cause rotation. This time I used a hot water bottle, and with a little trial and error soon had the air temperature above it at 95 F, my hand temp. I placed the psi wheel on it and nothing happened, just the occasional little wobble, nothing really. Again, this is to be expected, a slower air current would cause less jittering.

TEST 13.... Unlucky 13! I have one last try. This time I wrap the hot water bottle 3/4 around the psi wheel to represent the heat spread and temp from my hands, the room temp being as before. If it is thermals causing rotation then the psi wheel should rotate. IT DOESN'T ROTATE. (Damn!)

CONCLUSION after 13 tests. It started out looking to me as if was going to be a thermal effect causing rotation, but it isn't. No way is it thermal. I wanted it to be thermal because that made sense, apart from the shape of the psi wheel being wrong. However, wanting something to be so does not make it so.

IT IS NOT A THERMAL EFFECT THAT CAUSES ROTATION.

I now do not have anything to go on at this stage. I am puzzled as to why an uncovered psi wheel (pw) will rotate like mad when my hands are placed around it, but will not rotate at all when my hands are removed. I do not make any conscious effort to rotate the pw, it just does it or not, I simply observe. I know that some TKers talk about focus or relaxing or meditating, training and so on. BUT, the first time I put my hands around the pw it just took off, I played no part in it then, or since. I am also puzzled as to why it does not move every time I do it, and at other times rotates every single time, time after time. Weird. I can't see a pattern yet, but I intend to keep trying because I am sure there is one there, somewhere. It does rotate a hell of a lot more times than it doesn't. In fact I am now surprised if it doesn't!

I know there are countless variables to take into account, it's a question of which to take account of and which to ignore. For example, are the following relevant? And these are just off the top of my head as I type this. Your health, alertness/tiredness, objects in the room, air temperature, humidity, time of day, position of the moon, the colour of your socks. Okay, forget the socks, but whatever we decide to ignore is an arbitrary decision and may prove to be wrong. The problems seems huge.

TEST 14....Make a conscious effort to move pw without using my hands. Nothing, but then that IS what I was expecting, and I can't change that. Put my hands in place and

away it went again, and to be honest with you, it's starting to annoy me now! Experimented with different position with my hands. Started by lifting them above the desk instead of resting on it. No change, still rotating. Now raised above pw and it stops rotating. Bring back down to same height as pw and it rotates again (the bloody thing is watching me!). Move hands slowly outward away from pw and the further away I get the slower it goes. It keeps a slow but steady spin with my hands about 12 inches apart, but further away than that it stops. Bring hands back in and it starts again. Sometimes it seems like I have total control over it. I just put my hands there and off it goes, and now by moving my hands in or out I can slow it down or speed it up. Weird or what?

1) It is midnight as I do this. It seems to work like magic at night, but not so well during the day. Odd! Anyone else confirm this please?

[NOTE: WITH HINDSIGHT ON DAY 3.....My central heating is programmed to switch off at 10.30pm so by 11.30/12.00 as it is about zero C outside (it's December)it soon gets very cool in here and increases the thermal effect]

2) Tonight seems to have shown a direct linear relationship to the speed of rotation and the distance of my hands. Yesterday I had to be almost touching the pw, tonight it works with my hands 6 inches away. Odd! Anyone else confirm this please?

[NOTE: WITH HINDSIGHT ON DAY 3.....The room temperature and my temperature are the variables, especially if I have a hot cup of tea, and I do that on a regular basis]

I am reporting everything that happens, more or less as it happens too! I am being totally honest and up front with every thing I say. What I do and see is what I tell you. There is nothing held back that I don't want to admit to, and nothing exaggerated or falsely claimed because it would suit me.

I am still convinced that this is a normal physical effect, for 3 reasons.

1) The rotation depend on the presence of my hands. There is a direct connection.

2) I make no conscious effort to rotate the pw and wouldn't know how to anyway.

3) If It was shown that I had TK I would have to kill myself. (Just kidding, I would go get the million dollars!)

Thanks so much for all your emails, suggestions, ideas, support, and test results. I will go through them all very carefully. Right now, what with Christmas just around the corner (groan) busy at work in my new job, and now all this extra work, if I don't get back to you quickly please accept my sincere apologies.

One last try at the pw before I go to bed, can't resist as it's being so cooperative! THIS IS NUTS. I put my hands together at the wrists, palm towards the pw in only a half circle. It rotates clockwise. I put my hands the opposite side, fingers now touching and



palms toward the pw. Guess what? It rotates anti-clockwise. I repeat it two more times and the same thing happens.!!! This is driving me seriously nuts! Depending on the position of my hands I can now rotate it which way I want it to go, and by varying the distance of my hands can speed it up or slow it down. Anyone else confirm this please? I honestly don't now have a clue as to how to even begin to explain it. Why are the position of my hands so critical to the rotation. I know its not the heat, ruled that one out. So, back to the drawing board!

[NOTE: WITH HINDSIGHT ON DAY 3.....It's very late, around 2.00 am and the room is now very cold. the temp difference must be huge by now thus creating a powerful thermal making the wheel rotate easily. It all makes so much sense now!]

### DAY THREE

I have spent a lot of time today thinking about it today and have concluded that...

1) Despite what a lot of you are thinking and suggesting, it is not my subconscious mind moving the wheel. Why not? Because when I first started and the pw moved I did not believe it would move. So if it was me moving it then you would say it must have been my subconscious mind. The next day I moved the pw my conscious mind WAS expecting it to move, and so of course was my subconscious mind. Today, for the first half dozen attempts it didn't move at all. If it was my subconscious mind then it would have moved because my belief system has been reinforced with repeated success and I expect it to move every time now. IT ISN'T MY SUBCONSCIOUS (OR CONSCIOUS) MIND MOVING IT. There is just no correlation with the results whatsoever to back that up theory. I do not put any effort whatsoever in trying to move the pw, it just moves. My 'subconscious' does not possess the power to move objects anyway, any more than my conscious mind. It is only a term used by psychologists to explain how emotions and memories can be suppressed. We may not think we harbour a grudge, but subconsciously we might, and the psychologist is able to reveal this, hidden away in our subconscious. Trying to use it to explain TK is unreasonable, unscientific and of course untestable. I am going to stick with bricks and mortar!

2) So I am back to basic physics, and I am still convinced the answer will be explained by basic physics. I have been worrying about my tests for thermal effects. Everything seemed to be pointing to it being a thermal effect. The way the pw only rotated if my hands were placed around it. How hot hands increased the effect and cold hands reduced it. How the closer my hands got the faster it spun, and as I moved them away it slowed down. At this point IT HAD TO BE THERMAL. But I ran into trouble with trying to make it rotate by placing over thermals, such as a radiator. It wouldn't rotate, wrong shape for it, so I had to drop the idea.

How stupid am I? Damn stupid that's what! Of course the pw will not rotate with an up current, it's obviously the wrong shape for that. QED! But what if it is not the up current

making it rotate? We all know how easily the pw will spin around in a draught, right! That is because the air current is going ACROSS the pw, not up from under it. So maybe my model for the air current is wrong, not the theory itself. What if when placing my (hot) hands around the pw, I am in fact creating a thermal as I first suggested and my hands act like a chimney drawing up the hot air and pulling in the cold air from the base? Now instead of worrying about the up current from under the pw we can safely ignore it because we know, and have demonstrated, that it does not rotate the pw. What if it is the cold air being drawn in that rotates the pw, just in the same way as a draught rotates the pw? I know what you are thinking. Look at the photo showing my hands you say, it has opposing openings so the air would be drawn in from two opposite directions and would not rotate the wheel. Good point, but wrong. In order for the pw NOT to rotate the two opposing air currents would have to be permanently identical, and how likely is that? It will almost certainly be different forces each time, and as the wheel starts to spin it gains momentum. There you have it, a psi wheel rotating in a draught, something we see all the time, only this time it's you creating the draught with your hands. Sounds great! A test is called for.

TEST 15....If my idea is right, then if I can increase the air flow the pw will rotate faster. I can't warm up my hands any more than I have, and wrapping the hot water bottle around didn't work, way too different compared to the size and shape of my hands. Now we all know that in order to draw the smoke up a chimney, the higher the chimney the more powerful the draw, which is why chimneys are usually the tallest part of a house! So I call in my wife to help out. I put my hands in the usual position but the pw only moves about a little. My hands are cold today, only 93 F and the room is hot, it's now 75 F, because its early evening and the central heating is still going full blast. Again this seems to confirm it is thermal effect. I get my wife to place her hands on top of mine in the same position, the chimney height has now doubled, so has the total temperature of the system. Guess what?

THE PSI WHEEL ROTATED AT ONCE, FASTER THAN I HAVE EVER SEEN IT ROTATE BEFORE.

We repeated this three more time with the same result each time. My wife then tried on her own, her hands are hotter than mine at 95F and the pw rotated slowly, just a little. It has all finally come together. I think I made a really stupid mistake when I said it wasn't a thermal effect. The only test that contradicted this was the daft test trying to wrap a hot water bottle around the pw, apart from that, every other test supported it being a thermal effect. This last test confirms it beyond any doubt.

ROTATING AN UNCOVERED PSI WHEEL WITH THE HANDS PLACED AROUND IT IS DUE TO THE HEAT FROM THE HANDS. THE HANDS NEED TO BE A MINIMUM OF 20F (11C) HOTTER THAN AMBIENT AIR TEMPERATURE.

I know I have made myself look really stupid by reversing what I said yesterday and I apologise for misleading you by jumping in too quick and not being thorough in my investigation. I did my best.

Please note the wording though. All I have tested is an uncovered psi wheel with the hands close to it and in a particular position. I am unable to comment at this stage on any other claims of TK, such as when the pw is covered or the hands are not used, rolling straws, floating cocktail sticks etc. They are all different and need different explanations, if they really do happen that is?

## TEST IT YOURSELF

If you have trouble rotating a psi wheel try the following. It works for me!

- 1) Make your psi wheel the same as mine and balanced on the point of a needle. Try to make it about the same height above desk top level as mine. Approx. 1.75 inches/ 4.5cm. to the top of the needle. Psi wheel made from ordinary computer printing paper from a 2 inch/5cm square folded into a four pointed star.
- 2) Place your hands on the desk and around the psi wheel as shown in the photo. The closer you can put your hands to the psi wheel the better and the smaller you can make the gaps between your hands the better, it seems to work, but do leave a gap.
- 3) If the psi wheel doesn't spin there are two things you can do. Warm up your hands in warm water, and if necessary, move to a colder room. It's the difference in temperature between your hands and the air temperature that's important. From my observations so far a temperature difference of at least 20F (11C) is required to rotate the wheel.
- 4) If that still doesn't work, get someone to place their hands the same as you on top of your hands.
- 5) I am prepared to say with total confidence that if you have followed these directions **THE PSI WHEEL WILL NOW ROTATE.**

I would really appreciate it if as many of you as possible could follow my instructions as above. Depending on your results I will either have come up with an explanation for the most simple TK feat there is, or I am going to be shown to be wrong.

Over to you guys, I've given it my best shot. Hope I'm right!

I appreciate that you would all be much happier if you could prove me wrong and say it didn't work. But please be fair. I entered into this to show I had an open mind and to be fair to all of you. Please now be honest with me. We really do need to be honest with one another if we are to make any sort of progress on this. And just for the record, I would love it if TK could be demonstrated to be a genuine paranormal effect. It would

make life so much more interesting!

Please try the test and please let me know your results.

Thanks a lot

Keith

## DAY FOUR

Today I wanted to come up with a test that would prove beyond any reasonable doubt that the psi wheel moved because of heat, and heat alone. Using my hands to supply the heat that created the draught thermal effect was a bit of a problem, it could be argued that it was 'me' causing the pw to spin, not the heat from my hands. Even though I have demonstrated a number of times now that hot hands make it spin and cool hands don't, because it requires a temperature difference of at least 20 F, I am sure many of you remain unconvinced and claim it's 'my subconscious' doing the work.

The one test that I had tried to replicate the heat of my hands was by using a hot water bottle, and that failed miserably. I could not get it to mimic the shape of my hands. That one stupid test caused me to make a serious error of judgement.

What I wanted was a test that you could all do at home with normal day-to-day stuff. I am unable to post videos because I don't yet have a digital video camera, and anyway videos can't be taken as proof of anything. BUT, if you do it yourself at home, that is all the proof you need.

If you follow my previous instructions to the letter you will make the psi wheel spin. However, I think with my previous test the stumbling block was that many of you either do not have a thermometer you can hold in your hand, or fail to realise how important the temperature difference between hand and air temperature is. It is in fact the single most important factor.

So, never give up, keep looking for a solution and you will find one. The idea came to me as I was making a cup of tea. I figured that if I placed some mugs around the pw and filled them with boiling water the pw will spin, and spin fast because of the large temperature difference between the mugs and the ambient air temperature. Easy to do for all of you and no precise measurements needed, just boil a kettle! But would it work?

As the photo shows, I placed three mugs each side and left a small gap front and back, just as I do with my hands. I poured boiling water into the mugs. Even before I had finished filling the mugs the psi wheel was spinning.

IT SPUN SO FAST IT WAS NOT POSSIBLE FOR ME TO TIME IT!

You can make out the green eraser within the circle of mugs, you can't see the psi wheel because it was spinning so fast it is just a blur on the photo.

No need to take more word for it, just boil a kettle.

I appreciate that some of you may still claim that it is "my subconscious" spinning the psi wheel, but we have to try and be reasonable here. I think that we can all agree that it IS the heat making it spin.

NO TK INVOLVED AT ALL.

WHAT DOES THIS PROVE about the existence of TK? Nothing at all! However, it does indicate - to me at least - that on the grounds of reasonable probability, it is not my subconscious that has been so fantastic at spinning the psi wheel, but just the right temperature conditions. It does of course only apply to this one particular aspect of TK, that is moving an uncovered psi wheel when the hands are in close proximity. Beyond that nothing at all has been demonstrated one way or the other.

It could be argued that the reason that so many people are able to move the psi wheel but are then unable to progress beyond that, is because they are just not telekinetic. The only true telekinetics are the ones able to rotate it when it's under cover.

---

The sub conscious TK?

I have since been emailed to say that regardless of what I may think, it is not the heat from the mugs rotating the psi wheel but my subconscious TK. The question then became...How can I PROVE it is not TK?

I thought about it for a while and came up with a solution, not a perfect solid fact solution, but one that is as close as I can get it. This is how it works.....

I used the mugs again, Firstly, I was able to demonstrate that by making only very small changes to the position of the mugs the psi wheel could be made to rotate clock-wise, anti-clockwise, rock back and forth, or even stop all together. Effects that TKers often say they can achieve with their hands, and I have also achieved with my hands. The point here is that it is only the subtle change of air flow that is causing the different psi wheel movements, nothing to do with TK. Very easy for you to test this for yourself with the mugs.

How to prove that it is not my subconscious TK moving the psi wheel? This turned out to be easier than I expected. I set the mugs in place, poured in the boiling water and watched the psi wheel spin like mad. I then left the room and went away into another room to watch the TV. In the meantime I had arranged for my wife to go into the kitchen

and move the mugs - whenever she felt like it - far enough away so that the psi wheel stopped rotating. Then, whenever she chose, to return the mugs to more or less their original position so that the psi wheel started rotating again. I was unable to tell by any means when any of this was being carried out, I could not hear a sound from the kitchen, I assure you of that.

So how could it be my TK moving the wheel, stopping it at the precise time it should have stopped, and starting it spinning again at the precise time it should, without me knowing when this was all going on? There are only a few possibilities. EITHER:

- 1) It is the heat rotating the psi wheel as I maintain, and not my subconscious,
- 2) OR....My wife is also one of the worlds best TKers like myself (what an incredible coincidence!) and she took over moving it with her TK without any effort at all on her part.
- 3) OR....I am not only a world class TKer but I am also telepathic, which is how my subconscious mind knew when to start and stop the wheel, it read my wife's mind.
- 4) Or a combination of any or all of these things. I could for example be a telepathic mind reading exponent of TK who happens to be married to a woman who has the same, or some of, the same abilities, and we were both assisted a little in our efforts by the heat from the mugs, or not, as the case may be.

Which of these do you think is the most likely explanation?

Its enough for me to rule out the possibility that it is me rotating the psi wheel by my subconscious use of TK.

It is HEAT moving an uncovered psi wheel, not subconscious (or conscious) TK.

Logged  
kobok  
Veritas Council  
Tech Team  
Posts By Osmosis  
\*\*\*\*\*

Posts: 4749  
Karma: 148

Veritas Council

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Re: Psi wheel

« Reply #236 on: June 14, 2007, 10:23:52 PM »

Quote from: comrad\_Zer0 on June 14, 2007, 09:52:23 PM

From <http://www.thekeyboard.org.uk/Uncovered%20psi%20wheel.html>-

Is this guy insane or really smart or both or correct or wrong or what the heck is this guy???

He's simply pointing out the following fact in a long and drawn out way: You don't use your hands to do psi. So do NOT practice with your hands near the target of your practice, or you will only cause yourself problems.

Logged  
comrad\_Zer0  
Settling In  
\*

Posts: 12

Karma: 0

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Re: Psi wheel

« Reply #237 on: July 21, 2007, 02:02:53 PM »

Ahhhhh! Perfect Timing! I almost gave up.... Thanks.....

Unfortunately it's been 4 months now and I still can't find the soul.... embarassed Makes me twitchy thinking 'bout it.

Logged  
The Doctor  
New Member  
\*

Posts: 2

Karma: 0

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Re: Psi wheel

« Reply #238 on: July 23, 2007, 01:07:36 AM »

Quote from: neon on December 12, 2003, 02:16:37 PM

Ive been trying the psi wheel for about just over a week and i have moved it every now and then but its just not working for me any tips would be of great help.

Research has shown that TK occurs when a person is producing 7 Hz, theta, brainwaves. In normal humans, this happens during states of anxiety or briefly as one is on their way to sleep. Producing this frequency while awake is very difficult-- but not impossible. Try looking at the psi wheel but don't think anything. That in itself is hard but with a little practice it can be done.

With a little luck and constant practice you'll occasionally hit the right frequency. But if you are really dedicated to becoming a teek-- a telekineticist-- buy a brainwave biofeedback machine and work with it until you can produce theta at will. Becoming a teek is easier than becoming telepathic as few people can produce 4 Hz theta and still be awake. It's a novel experience, but one that doesn't happen often for non-telepaths.

'Doc

Logged  
telekinetic  
New Member

\*

Posts: 2

Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #239 on: August 06, 2007, 11:50:55 AM »

Quote from: neon on December 12, 2003, 02:16:37 PM

Ive been trying the psi wheel for about just over a week and i have moved it every now and then but its just not working for me any tips would be of great help.

Hey , Here is a tip to learn to move this psi wheel , it worked for me on my second day ,okay first just look at it , focus on it now picture it moving in ure mind , sometimes u think that u see the object moving u stay with it , because if u think that it moved u can trick ure subconsciousness to move the object.. and if u need more advice just e-mail me at (trackfire\_27@msn.com) Hope I helped!

Logged

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=> Psionics

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May 04, 2013, 01:05:03 PM

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online today: 85 - most online ever: 430 (June 28, 2007, 02:58:51 PM)

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|| |-+ Psi wheel 0 Members and 1 Guest are viewing this topic. « previous next »

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Author Topic: Psi wheel (Read 63697 times)

wokendreams

Regular Member

A Familiar Feature

\*\*\*

Posts: 165

Karma: 0

All power is within.

View Profile

Re: Psi wheel

« Reply #240 on: August 06, 2007, 04:25:31 PM »

No one trust new ppl on boards. Posting a random tip on a dead board just clutters, especially being new.

Logged

Google will show your posts. Carefull.

Redefine

A Familiar Feature

\*\*\*

Posts: 239

Karma: 0

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Re: Psi wheel

« Reply #241 on: September 18, 2007, 09:32:32 PM »

ok, so this psi wheel...i've been trying with it, but theres one point which i cant get my head around.

newtons third law...says that for every action there is an equal and opposite reaction...to walk...i push off the earth, and the earth pushes me forward right??

so whats the reaction for the psi wheel spinning??

Logged

On a concrete road to recovery

cause I'm knocking over every cone  
in front of me.

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 752

Karma: 15

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Re: Psi wheel

« Reply #242 on: September 19, 2007, 09:25:19 PM »

your mind. plain and simple, the psi pushes against the psiwheel, the inertia of the psiwheel causes it to not move, so your mind applies more force to the psiwheel to spin it.

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

The proud owner of the 200,000th post made on Veritas.

Redefine

A Familiar Feature

\*\*\*

Posts: 239

Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #243 on: September 20, 2007, 03:45:26 AM »

but the mind isnt physical...unless its one of those wierd things like light having momentum but not mass...

so if the mind pushes the psiwheel as the psiwheel pushes against the mind...what part of the mind...its the soul right?? the part that does psionics...i think i need to meditate more...cause i havent quite got that concept down right...well...i kinda do...but not solid enough

Logged

On a concrete road to recovery  
cause I'm knocking over every cone  
in front of me.

Big Boss

Friggen Crazy

Veritas Moderator

Posts By Osmosis

\*\*\*\*\*

Posts: 1458

Karma: 3

Owner of 100000 V-Points

[View Profile WWW](#)

Re: Psi wheel

« Reply #244 on: September 20, 2007, 08:29:40 AM »

Quote from: Redefine on September 20, 2007, 03:45:26 AM

but the mind isn't physical...unless it's one of those weird things like light having momentum but not mass...

so if the mind pushes the psi wheel as the psi wheel pushes against the mind...what part of the mind...it's the soul right?? the part that does psionics...i think i need to meditate more...cause i haven't quite got that concept down right...well...i kinda do...but not solid enough

The mind isn't physical and neither is psi. If Newton's law affects psi like in standard physics, then you would be correct and psi would push back at your mind when you push the psi.

Thinking about it and meditating on the concepts are great and I think you're on the right track. Keep it up.

Logged

Join my Folding@Home team and do some good! #159490

Details at <http://folding.stanford.edu/>

Steve

Posts By Osmosis

\*\*\*\*\*

Posts: 3097

Karma: 64

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Re: Psi wheel

« Reply #245 on: September 20, 2007, 11:38:01 AM »

Psi might not be physical, but the pinwheel is. If you want to affect the physical world, you're going to have to deal with the physical "laws" to some degree, at least until you become such a Master Ninja Magician that you can ignore the laws of the physical universe when dealing with the physical universe.

The interaction between the physical and the non-physical becomes quite intricate and complex in attempting to detail what works and when, especially when you also have to take into account the strength and skill of the metaphysicist.

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

Redefine

## A Familiar Feature

\*\*\*

Posts: 239

Karma: 0

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Re: Psi wheel

« Reply #246 on: September 21, 2007, 06:00:46 AM »

Quote from: Steve on September 20, 2007, 11:38:01 AM

Psi might not be physical, but the pinwheel is. If you want to affect the physical world, you're going to have to deal with the physical "laws" to some degree, at least until you become such a Mater Ninja Magician that you can ignore the laws of the physical universe when dealing with the physical universe.

yeah...i find it alot easier to work with things if i know the mechanics behind them beforehand...thats what i'm trying to do...

so does anyone actually know how the non physical soul interacts with the physical stuff...like the psiwheel??

or is it kinda like everything has energy, and when you use intent to push that energy around with the soul...the matter follows??

Logged

On a concrete road to recovery  
cause I'm knocking over every cone  
in front of me.

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 752

Karma: 15

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Re: Psi wheel

« Reply #247 on: September 21, 2007, 07:27:54 PM »

Quote from: Redefine on September 21, 2007, 06:00:46 AM

Quote from: Steve on September 20, 2007, 11:38:01 AM

Psi might not be physical, but the pinwheel is. If you want to affect the physical world,

you're going to have to deal with the physical "laws" to some degree, at least until you become such a Mater Ninja Magician that you can ignore the laws of the physical universe when dealing with the physical universe.

yeah...i find it alot easier to work with things if i know the mechanics behind them beforehand...thats what i'm trying to do...

so does anyone actually know how the non physical soul interacts with the physical stuff...like the psiwheel??

or is it kinda like everything has energy, and when you use intent to push that energy around with the soul...the matter follows??

Psi is the interaction between your soul and physical reality, your soul directs the psi and the psi does the intent of the soul, as to how psi energy has such an effect upon the physical realm, i have no idea

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

The proud owner of the 200,000th post made on Veritas.

Redefine

A Familiar Feature

\*\*\*

Posts: 239

Karma: 0

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Re: Psi wheel

« Reply #248 on: September 22, 2007, 05:19:33 AM »

thanks for all your help guys...i shall meditate more...

Logged

On a concrete road to recovery  
cause I'm knocking over every cone  
in front of me.

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 752

Karma: 15

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Re: Psi wheel

« Reply #249 on: September 22, 2007, 12:33:08 PM »

Quote from: Redefine on September 22, 2007, 05:19:33 AM

thanks for all your help guys...i shall meditate more...

no problem Smiley

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

The proud owner of the 200,000th post made on Veritas.

Trioweh

New Member

\*

Posts: 6

Karma: 0

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Re: Psi wheel

« Reply #250 on: October 13, 2007, 05:11:49 AM »

I am quite new to this whole psi thing myself, have been practising with the psi wheel for about 3 weeks, last night after about an hour, i managed to get the wheel to start moving.

I was unable to make it turn though, felt like it was stuck, it would would a little bit to the right and then stop, could not get it to go further although it was spinning in the direction i wanted it to.

Is this normal to not spin it at first?

Logged

Wushi

A Familiar Feature

\*\*\*

Posts: 214

Karma: 3

Om Namah Shivaya

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Re: Psi wheel

« Reply #251 on: October 13, 2007, 08:08:22 AM »

one would say heat waves aren't physical, yet they are, the same applies to energy only that it's more subtle

Logged

Konx Om Pax

Oriens Lvx Lucis

Posts By Osmosis

\*\*\*\*\*

Posts: 766

Karma: -1

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Re: Psi wheel

« Reply #252 on: October 13, 2007, 01:52:41 PM »

Quote from: supadude

Psi is the interaction between your soul and physical reality, your soul directs the psi and the psi does the intent of the soul

That is a good description in this context.

In order for any metaphysical (or dare I say, occult) action to be carried out three things are necessary. These are the Will, Imagination, and Emotion. All of these things have their origin in the soul. Imagination is the most controversial here as it is used by the mind, but the faculty which we call visualization, and the ability to form a thoughtform out of the energy in the mental sphere belongs to the soul. The mind is the medium with which this process is carried out, and due to the metaphysical principle of vehicle-plane parallel, the mind can only directly affect the mental sphere. It should also be noted that the imaginative faculty is deceiving in its terminology: you need not visualize to imagine something. The imagination is creative on a scale that it is defined in this context only as the directing guide of the Will.

The Will is totally a quality of the soul. It is the main driving force in any operation, whether magical, psionic, mystical, or any derivation thereof. The Will must be directed by the Imagination in order to be effective, or it is essentially like shooting an arrow blindly. I cannot honestly speak for the psionic paradigm here as kobok defines it, however a specific energy is not necessarily needed to perform something such as



telekinesis. While psi is used, it should not be confused with the will. When the will of an individual has been developed to an extent that it is literally an authority and a true force of nature, then no energy is needed (more correctly, no energy is manually or specifically used) because the Will alone suffices as a force to bend the intricate energy waves in the astral plane quickly enough to produce an immediate change that bypasses probability altogether (vis a vis, telekinesis). This principle goes for magic and ritual as well. Most consider ritual to be an act involving a ceremony, but in this context even stopping to meditate and focus on a specific energy is a ritual. Until an individual can simply focus on a room being banished and have this done instantaneously by force of will alone, then he is using a ritual. Until he can levitate something (for example) without using any physical support (such as his hands, a specific pose, etc.) and entirely at his whim then he is effectively using a ritual, which is external to the will. Out of the three qualities necessary for occult phenomenon, the Will is the most important, because once it has been developed to the maximum of human potential nothing else is necessary but faith (or if this term perturbs people, confidence) a person could command anything he wishes on this Earth and it would be done as he wishes according to the power of his natural authority. I would like to add here that I am of the opinion that a person cannot achieve this level of human accomplishment in the will cultivation without living a spiritual lifestyle. In occult terminology, the process of making ritual apparatus (and anything else but the magician's will for that matter) unnecessary for all magical operations is called the Internalization of the Temple. Traditional ritual implements themselves represent various qualities and faculties of the magician, and once these have been mastered and "internalized" their external counterparts are no longer needed, and to use a spiritual reference, the body becomes the Holy Temple of God manifest....

Lastly there is the importance of Emotion, or to use a more direct denotation, "incentive." Without a motive for the working skill will be reduced in effectiveness significantly. This in itself rather self-explanatory.

Quote from: supadude

as to how psi energy has such an effect upon the physical realm, i have no idea

Trusting that psi is indeed a fundamental form of energy like most other forms in various paradigms, the process would be mapped out by condensation and surface runoff.

Once a thoughtform becomes powerful enough to assume an actual "density" (for lack of a better word) on the mental realm, it proceeds to manifest on the physical level (it never actually leaves the physical plane, but it manifests in two different planes). This is in short the entire process of creative visualization. Most New Age advocates would say that there is no way for it to fail if you visualize it for a long enough period of time, but they forget the necessary will of the individual (owing to the haphazard results of the masses who attempt creative visualization) to manifest the created thoughtform. Aside from this, if there is a spiritual intelligence (the word spiritual is used here loosely as anything which belongs to a realm other than the physical) or another magician (more common) who is against the creative visualization, then he could easily mentally project

to the thoughtform and destroy it. Sadly, New Age movements disregard the possibility of people becoming powerful enough to intrude on the rights of other people usually, and their own ignorance in occultism.

Logged  
supadude  
Super Villain  
Posts By Osmosis  
\*\*\*\*\*

Posts: 752  
Karma: 15

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Re: Psi wheel

« Reply #253 on: October 13, 2007, 06:19:42 PM »

Oriens Lvx Lucis: I see, im pretty clear on subconscious communication and creative visualisation, but i am not too clear on development and amplification of the will, ive been achieving my results without too much developent of my will, more or less, ive been working in other areas. So how does one go about amplifying their own will to the point of creating a "dense" thoughtform to be carried through by the subconscious to the physical? I would like to know your take on that because i havent seen really any info on strengthening the will.

Logged  
[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)  
A must see study for all!

The proud owner of the 200,000th post made on Veritas.

Oriens Lvx Lucis  
Posts By Osmosis  
\*\*\*\*\*

Posts: 766  
Karma: -1

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Re: Psi wheel

« Reply #254 on: October 13, 2007, 06:38:03 PM »

There is no straight method. Practice for years on end with that as your goal. You are not successful if you reduce a single ritual or method to sheer will, but when you can

perform phenomenon without any ritual at all, even those which you never before practiced, then you have reached this stage.

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Author      Topic: Psi wheel    (Read 63539 times)

supadude

Super Villain  
Posts By Osmosis

\*\*\*\*\*

Posts: 752  
Karma: 15

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Re: Psi wheel

« Reply #255 on: October 13, 2007, 07:09:04 PM »

Quote from: Oriens Lvx Lucis on October 13, 2007, 06:38:03 PM

There is no straight method. Practice for years on end with that as your goal. You are not successful if you reduce a single ritual or method to sheer will, but when you can perform phenomenon without any ritual at all, even those which you never before practiced, then you have reached this stage.

i see, but i have always practiced in the sense that i will do this all of my life anyway. :\

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

The proud owner of the 200,000th post made on Veritas.

Shin

New Member

\*

Posts: 5  
Karma: 0

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Re: Psi wheel

« Reply #256 on: November 25, 2007, 10:25:53 PM »

what is a psi wheel and how do i make one how do i control it? sorry to ask im still new

Logged

Destiny is what the world limits you to. Greatness is refusing to accept that limit.

Gimpex

New Member

\*

Posts: 3  
Karma: 0

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Re: Psi wheel

« Reply #257 on: December 07, 2007, 10:05:22 PM »

I've toyed with a psi-wheel before, it always seems to move when I don't actually concentrate on it for a second or two, then when I focus on it, it stops moving....

Guess I just need to practice more.

Logged

Tempest Desh

Greenhorn

Veritas Furniture

\*\*\*\*

Posts: 294

Karma: 3

Wannabe Techno-Dervish and Court-Fool-In-Training

[View Profile](#)

Re: Psi wheel

« Reply #258 on: December 11, 2007, 08:56:17 AM »

Shin: A psiwheel is, to my knowledge, a too used to train oneself in psychokinesis. Here are some pics....the first of 'em kinda illustrates how to make your own:

See ya on the flipside,

Tempest Desh

Logged

"Appear as you are. Be as you appear." - Mawlana Rumi (ra)

LaVelle

A Familiar Feature

\*\*\*

Posts: 234

Karma: 1

If I don't find the truth, then who will?

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Re: Psi wheel

« Reply #259 on: December 29, 2007, 12:54:44 PM »

Well I'm pretty good at moving a psi wheel, both foward and backward...

Logged

What a man believes upon grossly insufficient evidence is an index into his desires -- desires of which he himself is often unconscious. If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it.

ThiefDeath

Posting chief

Posts By Osmosis

\*\*\*\*\*

Posts: 1544

Karma: 4

Grammaton Cleric

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Re: Psi wheel

« Reply #260 on: December 30, 2007, 08:17:58 PM »

forward and backward???

Logged

[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

Redefine

A Familiar Feature

\*\*\*

Posts: 239  
Karma: 0

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Re: Psi wheel  
« Reply #261 on: January 01, 2008, 12:48:33 AM »  
i think lavelle means clockwise and anti  
Logged  
On a concrete road to recovery  
cause I'm knocking over every cone  
in front of me.  
kody  
Settling In  
\*  
Posts: 19  
Karma: 0

I Am The Skater Of Psi

[View Profile](#)

Re: Psi wheel  
« Reply #262 on: January 01, 2008, 09:05:04 AM »  
yes it does.....anti means not clockwise  
Logged  
LaVelle  
A Familiar Feature  
\*\*\*  
Posts: 234  
Karma: 1

If I don't find the truth, then who will?

[View Profile](#)

Re: Psi wheel

« Reply #263 on: January 06, 2008, 09:11:51 AM »

For moving a psi wheel, would it be wise to use the dynamic psi system.... having intent, energy, and then actualization

Logged

What a man believes upon grossly insufficient evidence is an index into his desires -- desires of which he himself is often unconscious. If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it.

xShadowxWarriorx

Settling In

\*

Posts: 36

Karma: 0

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Re: Psi wheel

« Reply #264 on: January 06, 2008, 09:56:58 AM »

Is it true your suppose to keep your hands away from the psi wheel? Well heat from your hands "could" make the psi wheel move, well thats what I've heard, but should you try to not use your hands?

Logged

There is no such thing as a dumb question.

Person 1: Your dumb

Person 2: You dumb!

Person 1: Touche. =]

PhoenixJCC

A Veritas Regular

\*\*

Posts: 55

Karma: 0

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Re: Psi wheel

« Reply #265 on: January 06, 2008, 10:05:41 AM »

Heat from your hands will indeed make a psiwheel move.

Logged

Big Boss



Friggen Crazy  
Veritas Moderator  
Posts By Osmosis  
\*\*\*\*\*

Posts: 1458  
Karma: 3

Owner of 100000 V-Points

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Re: Psi wheel

« Reply #266 on: January 07, 2008, 08:22:14 AM »

And it's not necessary. Your hands don't make the psi work, your mind/intent does. It would be kindof like trying to hit a baseball with two bats at the same time. It's unweildy and innaccurate.

Logged

Join my Folding@Home team and do some good! #159490

Details at <http://folding.stanford.edu/>

MumtazG38

A Veritas Regular

\*\*

Posts: 75  
Karma: 0

- Thou shallt google thine self -

[View Profile](#)

Re: Psi wheel

« Reply #267 on: February 11, 2008, 06:46:44 PM »

Well, heat from your hands would definitely effect a foil psi wheel, but most likely it wouldn't effect a paper one. Although, the attraction formed between your hands, fingers, etc and the paper psi wheel may cause it to move. In my experience, static electricity I think, may have caused the paper psi wheel to move like mad for quite a long time.

Practicing without your hands and using a clear glass or plastic container is much safer,

you can't fool yourself into thinking you are achieving TK. For example, about a week ago I began trying to spin the psi wheel using one of Psipog's articles as reference to a technique, it suggested using hands if you liked, so I did. At first, I could not achieve any significant movement, but about 2 minutes into concentration the psi wheel began spinning very very slowly. I brought my hands closer...and the spinning continued, I lifted my hands and the spinning slowed and stopped. I then felt as if I had achieved more than enough to believe in TK and my ability in it. So I kept at it for the rest of the week, also trying to move other objects without any luck. Although, my belief was always reinforced by my first experience with TK and the psi wheel. After a while I realised that, with practice, I could move the psi wheel mentally from a fair distance without the use of my hands, but I could not make it budge after placing it under a glass container. Also, moving other things like needles or pins has been, and still is impossible for me as of now. Tricking oneself may actually be a nice way to begin teaching your subconscious about TK and what you want it to do, but it isn't really a good thing to go for if you actually want to get passed the psi wheel onto much bigger better things.

Despite all of these things.....yes, it is generally much better practice to not use your hands. It just builds the proper criteria for TK in your mind, specifically your sub-c. It might be a bit difficult, for some..it's even easier, but it is just the better way to learn. I am now practicing movement and control of the psi wheel and flames using just my mind and it is proving to be quite a difficult feat because of the connection I have unintentionally made in my sub-c by the use of hands and/or fingers.

I may be wrong....I am new. But this is my own experience with psi wheels.

« Last Edit: February 11, 2008, 08:34:07 PM by MumtazG38 »      Logged

Sir Robert:I'm sorry,Mum. It's all my fault.I should've sent you away.I tried to suggest something was wrong.I thought you might notice.Did you think there was nothing strange about my household staff?

The Doctor:Well,they were bald, athletic...your wife's away,I just thought you were happy

MumtazG38

A Veritas Regular

\*\*

Posts: 75

Karma: 0

- Thou shalt google thine self -

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Re: Psi wheel

« Reply #268 on: February 11, 2008, 07:46:07 PM »

Also huh, (sorry for double-posting ) I was reading through this topic and came across a certain post which I feel may need some correction. The post was about how the subconscious could not achieve tk poltergeisting while the mind is asleep, because of the so called "fact" that it is also actually "taking a nap". My intentions are not to offend anyone or prove anyones thoughts/opinions inadequate or wrong in any way, but, I must clarify that the subconscious does not "sleep". It does not need sleep like our bodies and our conscious do. Sleep is actually a natural periodic state of rest for the "mind and body" in which consciousness is completely or partially lost. It's only purpose is to provide rest to the body and conscious mind, not the subconscious. If the subconscious were to actually fall asleep with us while we lye in bed, then who would look at and thoroughly register our thoughts and actions throughout the day so that we can use what we have learned in the future? The nanny?...I think not. The subconscious neither can, nor needs "sleep". It is always awake doing one thing or another. Our dreams are absolute proof of this. Everything we have learned during the waking part of the day is actually being thoroughly looked at and registered by the involuntary or subconscious parts of the brain during the period in which we rest. Every thought and every experience is being analyzed and distributed accordingly where it belongs. This is what causes us to dream...it is what keeps our minds busy while the subconscious finishes up all of its work-load. Every thought, memory, image, etc that the sub-c goes through reflects in our dreams. A normal human being only remembers or recalls upto 5-10% of their dreams, these are dreams which actually last only a few seconds to a maximum of a minute or two each.

With this all said, obviously, not only does the sub-c not sleep, it can also cause such activity as "tk poltergeist activity" or "pk poltergeisting". This is because, as mentioned above, the subconscious goes through everything you have learned and it all reflects in your dreams. If a person has been practicing TK,TP,or anything Psionic at that, this can and may cause that same person to "subconsciously" move objects about in their sleep, or create psionic energy(un-constructed). As the sub-c is unlimited and uncontrolled by the conscious (telling it that tk can't happen, or this table is to big to move with the mind etc) during sleep, it may even be capable of moving much larger objects then the Psion themselves has had experience with during practices....the same way that you may twitch,kick,or simply move about whilst dreaming is the same way the sub-c may use what you have taught it, or let it learn, about TK/PK or other Psionic abilities to accidentally or even intentionally move things about while you or the conscious are not "watching" so to speak. The sub-c is actually said to be able to perform TK abilities before we go about "teaching" it to, it may already be prepared to do things with Psi energy before we even know about it.

Therefor, TK poltergeisting, or in other words, moving things unintentionally in your sleep is very possible and is actually quite common. I just wanted to clarify this subject for others who read this topic. Can't have Psions running around with different types of off-setting info about the sub-c now can we? Not when it is so important to the actual practice and education of TK and other Psionic skills.

I will say this again, I do not mean to offend anyone or prove their

ideas/thoughts/opinions inadequate or wrong. My only purpose is to correct potentially confusing information about the subconscious for others who know much less/not enough about it.

« Last Edit: February 11, 2008, 07:48:18 PM by MumtazG38 »      Logged

Sir Robert:I'm sorry,Mum. It's all my fault.I should've sent you away.I tried to suggest something was wrong.I thought you might notice.Did you think there was nothing strange about my household staff?

The Doctor:Well,they were bald, athletic...your wife's away,I just thought you were happy

Rhuis

New Member

\*

Posts: 1

Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #269 on: February 15, 2008, 09:44:35 AM »

i to have problems with these things se but i know that it does take alot of cositancsey so whatever you do don't quit. i have tried many times and once you get a hang of it it gets easier but if you stop in the middle of your progress you wil back track in my oppoin

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=> Psionics

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The Veritas Society

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May 29, 2013, 05:59:55 PM

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online today: 83 - most online ever: 430 (June 28, 2007, 02:58:51 PM)

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|| |-+ Psi wheel 0 Members and 2 Guests are viewing this topic. « previous  
next »

Pages: 1 ... 17 18 [19] 20 21 22 Print

Author Topic: Psi wheel (Read 64349 times)

the seer

Settling In

\*

Posts: 42

Karma: 0

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Re: Psi wheel

« Reply #270 on: March 01, 2008, 11:10:37 PM »

what is a psi wheel and how do you create one and what is it for and can you see it  
once it is made

Logged

<http://www.psychiccourses.com/rupsychic/graph.php?r=0610040506>

<http://www.youtube.com/watch?v=W8nhPTYtiig&NR=1>

<http://www.youtube.com/watch?v=Bk7CxHCasts&feature=>

<http://ca.youtube.com/watch?v=XkHm8uUuT0o&feature=related><http://www.patmedia.net/marklevinson/cool/cool>

kobok

Veritas Council

Tech Team

Posts By Osmosis

\*\*\*\*\*

Posts: 4754

Karma: 150

Veritas Council

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Re: Psi wheel

« Reply #271 on: March 01, 2008, 11:17:27 PM »

Quote from: the seer on March 01, 2008, 11:10:37 PM

what is a psi wheel and how do you create one and what is it for and can you see it once it is made

See here:

<http://vsociety.net/wiki/Psiwheel>

Logged

Want to learn psi? Check out our collection of psi articles.

LaVelle

A Familiar Feature

\*\*\*

Posts: 234

Karma: 1

If I don't find the truth, then who will?

View Profile

Re: Psi wheel

« Reply #272 on: March 26, 2008, 02:23:12 PM »

The thought came across my mind, and I was wondering, when a person is unaware of his/her soul, and is able to perform kinesis on a psi wheel, how does that work? Are they actualizing without the soul, or does their soul understand what that person wants done to the psi wheel?

Logged

What a man believes upon grossly insufficient evidence is an index into his desires -- desires of which he himself is often unconscious. If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is

overwhelming, he will refuse to believe it.

Kichara

Posts By Osmosis

\*\*\*\*\*

Posts: 982

Karma: 11

Row, Row, Row Your Boat

View Profile WWW

Re: Psi wheel

« Reply #273 on: March 26, 2008, 05:35:44 PM »

The latter.

Logged

Hey, whats up?

Please vote in my poll:

<http://forums.v society.net/index.php?topic=12212.0>

blade of the night

New Member

\*

Posts: 4

Karma: -1

the fate of many rests in the hands of few, us.

View Profile

Re: Psi wheel

« Reply #274 on: April 19, 2008, 11:29:28 PM »

long time reader, first time poster I'm having issues with my psi wheel when i look at it, but if I'm doing something else then it erupts in spins, like right now its moving like crazy, and now I'm thinking about it and it stops. rolleyes right?

Logged

emily

Settling In

\*

Posts: 18

Karma: 0

[View Profile](#)

Re: Another psiwheel help

« Reply #275 on: June 22, 2008, 09:13:31 PM »

Quote from: GrieverHeart on January 04, 2004, 04:13:05 AM

Hi! I know it's a little but i try to move the psiwheel for 3 days now. I made it move but a very little, and i don't even know if it was another parameter that I've not thought about that made it move. Anyways When it moves, it doesn't move to a direction but just moves. Could you help on that. I'm a newbie in psi, I've only practiced astral projection.

have u fully succeeded at astro projection cuz i tried that for a while but gave up becuz i couldnt stand to be on my back for too long but now i guess im used to it

Logged

I haven't failed. I've just found 10,000 ways that won't work.

The greatest lesson in life is to know that even fools are right sometimes.

Nero3553

New Member

\*

Posts: 8

Karma: 0

My Name is Nick.

[View Profile](#)

Re: Psi wheel

« Reply #276 on: June 27, 2008, 12:57:14 PM »

Blade this is because you try to move it. Concentrate on it but do not try to move it. Let your sub-c or "soul" move it as it does when you do not try to. Because whats happening is its a mix up between your mind and your sub-c and or soul. They both are mixing up each others processes. Get your mind clear and forward on what you want to do and let your soul do it for you. also i could be wrong.... agree to disagree

Logged

ChezNips

Veritas Teacher

Posts By Osmosis

\*\*\*\*\*

Posts: 1722



Karma: 7

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Re: Psi wheel

« Reply #277 on: June 27, 2008, 04:07:06 PM »

Quote from: blade of the night on April 19, 2008, 11:29:28 PM

long time reader, first time poster I'm having issues with my psi wheel when i look at it, but if I'm doing something else then it erupts in spins, like right now its moving like crazy, and now I'm thinking about it and it stops. rolleyes right?

The act of directly looking at it \*can potentially\* cause a disruption where the conscious mind blocks or at least stops the flow process. It's similar to an awareness problem, you want to be aware of the process and focus on it but not consciously analyze it. Why? Because consciously analyzing things creates doubts and blocks. Think of it this way...you are out in public having a great time. Then someone points out that your fly is open. What happens to you? You become more consciously aware and usually are embarassed.

Try putting on some music that you really enjoy and get into a grove. You want a good solid intent or instructional pattern and then just do it.

Logged

some days you're the bug, some days you're the windshield.

Nero3553

New Member

\*

Posts: 8

Karma: 0

My Name is Nick.

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Re: Psi wheel

« Reply #278 on: June 29, 2008, 05:02:52 PM »

Id go with what Chez says. Shes the man.. well woman... you get the picture. <3 chez

Logged

Micky-P

Veritas Furniture

\*\*\*\*\*

Posts: 284  
Karma: 6

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Re: Psi wheel

« Reply #279 on: September 14, 2008, 07:02:28 AM »

Psi isn't my area of expertise, however it does cross over with magic on a number of levels, and in this case you need to enter a very odd state of mind.

It's difficult to explain but anybody who has experienced it understands (that can be said for much of these arts), nothing else exists but you and the psi wheel, but also you ARE the psi wheel, one and the same, not that it's an extension of your body, it IS your body. If this level of connection is attained and is practiced, eventually moving the wheel should require no more effort than moving your arm. It's just having to learn to use a new muscle is the trick.

If I'm wrong on this please correct me, just my experience in these things.

Logged  
(insert something suggesting knowledge and wit)  
Psycalfiero  
New Member  
\*

Posts: 1  
Karma: 0

[View Profile](#)

Re: Psi wheel

« Reply #280 on: September 27, 2008, 10:28:58 PM »

First time doing psi wheel within an hour I got it to twist back and forth but I can't spin it. I've been doing meditation for a week and been trying chi/ki stuff. and have tried electrokinesis for a week also. But I can't control the wheel very well. =[

Logged  
MANUELF  
A Veritas Regular  
\*\*

Posts: 72  
Karma: 0

Psion/Mage/Scientist of Metaphysics

[View Profile](#)

Re: Psi wheel

« Reply #281 on: March 31, 2009, 08:01:40 AM »

That (above) is the procedure I used when I used to exercise the psi wheel. (I now do it rarely, since I am mostly programming psi balls for exercise than using psi wheels).

Anyway, I hope it will help you:

take a stick stunged on the ground (or something that is pointed on the top), and then put an aluminium paper on it (A4 size would be good) (or if you have already a psi wheel, it will be better). Then go at about 7m away, and make a psi link between you and the paper (like you would do to suck energy from a plant e.t.c.). Then, "trick" yourself into thinking that the paper is a part of your body. Finally, just move it, like you would do for your hand...

My whole theory was dump, so I put it away...

« Last Edit: May 25, 2009, 12:19:32 AM by MANUELF »

Logged

sapio-opto-praesumo, quod servo vestri silentium

γνωση-θεληση-τολμη, και κρατα την σιωπη σου

savoir - vouloir - oser , et garde ton silence

know-will-dare, and keep your silence

mesmer\_14

Greenhorn

A Veritas Regular

\*\*

Posts: 87

Karma: -1

Greenhorn

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Re: Psi wheel

« Reply #282 on: April 11, 2009, 05:33:46 PM »

Just tried for the 1st time in like....6 yrs(which wasn't really trying cause I gave up in 5 mins.) It was erratic and I felt like I had no real control. I felt as if my brain was exploring some unknown part. Will try again soon, but sat focusing for about 30 mins and will try again soon.... I would try out with psiballs, but they are just too intangible for me. I dunno lol

Logged  
No... I'm not 14. Never put your age in a username.  
vobanack  
Posts By Osmosis  
\*\*\*\*\*  
Posts: 519  
Karma: 5

were gonna do it, Joe!

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Re: Psi wheel  
« Reply #283 on: May 13, 2009, 03:27:13 PM »  
finally got one to spin and i know this was psi and not some coincidence, cause no window open, and hands were about, 1 to 1 and 1/2 ft away and above it, so no heat from them were moving it breathing shallowly through nose and after sitting for 2-5 minutes watching if it would move on its own and since it did not i guess i finally got to use psi for once unless this is somehow connected to some biological effect.  
« Last Edit: May 13, 2009, 03:59:20 PM by vobanack »      Logged  
Vess  
New Member  
\*  
Posts: 3  
Karma: 0

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Re: Psi wheel  
« Reply #284 on: May 23, 2009, 08:02:51 AM »  
Hello I have a small question. I am practicing on the wheel using just my mind with the just do it technique , now most of the time when I concentrate on the wheel after a short while I start feeling a kind of pressure building up on both sides and a bit up of my eyes . Any idea what that might be ?

Thank You for any info Smiley

Also by the way this is a great site you have here people Smiley  
Logged

Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window.

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=> Psionics

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| | | -+    Psi wheel    0 Members and 1 Guest are viewing this topic. « previous next »

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Author    Topic: Psi wheel    (Read 63567 times)

vobanack

Posts By Osmosis

\*\*\*\*\*

Posts: 519

Karma: 5

were gonna do it, Joe!

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Re: Psi wheel

« Reply #285 on: May 24, 2009, 08:53:16 AM »

Vess i had something like that they just told me it was biofeedback, for me the pressure would travel my body where ever i visualized the psi to go. but i get the eye pressure when i focus to intently on an object for a time. i personally think it may be psi but you never know!

Logged

Vess

New Member

\*

Posts: 3

Karma: 0

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Re: Psi wheel

« Reply #286 on: May 25, 2009, 05:19:29 AM »

Hmm thank You for the replay .. The thing is I am not using psi to turn the wheel (rather willpower ) or at least not intentionally .

Then again when I am trying to gather psi to create a psi ball between my hands , I do not feel any pressure in my hands , I do feel a magnetic like repulsion between my hands . So if that would be psi building up on the sides of my eyes why dont I feel the same pressure in my hands ?

IS it possible that its some kind of a muscle that is/was dormant untill I started my psi wheel practice ? Meaning it activates when I focus on something with the intent to move it ?

Logged

Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window.

vobanack

Posts By Osmosis

\*\*\*\*\*

Posts: 519

Karma: 5

were gonna do it, Joe!

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Re: Psi wheel

« Reply #287 on: May 25, 2009, 09:44:09 AM »

well i'm not certain if it would be psi but when i first got into this stuff i tried to bend a spoon with willpower staring at the spoon nothing else eventually everything around the spoon went dark like a light was turned off but the spoon remained my gaze felt locked on it my eyes had pressure all around like something was holding them and lightly tugging kind of.

the psiball is weird for me i can never tell if it is me or biofeedback but i did get a feeling in my hands and it felt as though i had stuck my hand on the stove while it was on and i felt the burning pain it continued for sometime after as well. just saying careful what you imagine/visualize.

i have not come across something like that muscle thing yet but the feeling that you describe i have felt all the same. no clear idea what it could be though.

Logged  
Shadowx089  
Regular Member  
Veritas Furniture

\*\*\*\*

Posts: 367  
Karma: -2

[Regular Member](#)

[View Profile](#)

Re: Psi wheel

« Reply #288 on: May 27, 2009, 09:10:47 PM »

Its N a jar or some clear cover right? RIGHT!? IF not....test is invalid and must be repeated. How many times do we go over that? No cheating! Put it in a pickle jar! or a clear whatever! The Veritas Teethy!

Logged  
Comfort of the Lord, comforted by God.

+Sometimes humans over complicate themselves.  
+There is no point in being grown up if you cant be childish sometimes.  
+The greatest discovery of any generation is that a human being can alter his life by altering his attitude.

Yugo

A Veritas Regular

\*\*

Posts: 95

Karma: 0

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Re: Psi wheel

« Reply #289 on: June 15, 2009, 11:19:33 PM »

Does this requires you to put the Psi wheel i a glass soo the hot air from ur hand rises or what?

Logged

The journey to a thousand steps begins with one step.

Yugo

A Veritas Regular

\*\*

Posts: 95

Karma: 0

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Re: Psi wheel

« Reply #290 on: June 15, 2009, 11:20:44 PM »

Quote from: Shadowx089 on May 27, 2009, 09:10:47 PM

Its N a jar or some clear cover right? RIGHT!? IF not....test is invalid and must be repeated. How many times do we go over that? No cheating! Put it in a pickle jar! or a clear whatever! The Veritas Teethy!

Is it possible to do it without hands.I dun have a clear jar.

Logged

The journey to a thousand steps begins with one step.

MANUELF

A Veritas Regular

\*\*

Posts: 72



Karma: 0

Psion/Mage/Scientist of Metaphysics

[View Profile](#)

Re: Psi wheel

« Reply #291 on: June 16, 2009, 02:50:38 AM »

Quote from: Yugo on June 15, 2009, 11:20:44 PM

Quote from: Shadowx089 on May 27, 2009, 09:10:47 PM

Its N a jar or some clear cover right? RIGHT!? IF not....test is invalid and must be repeated. How many times do we go over that? No cheating! Put it in a pickle jar! or a clear whatever! The Veritas Teethy!

Is it possible to do it without hands.I dun have a clear jar.

Then put it in a durty one Elephant

just kidding...

And, of course it is possible to do it without hands!

« Last Edit: June 16, 2009, 02:54:11 AM by MANUELF » Logged

sapio-opto-praesumo, quod servo vestri silentium

γνωση-θεληση-τολμη, και κρατα την σιωπη σου

savoir - vouloir - oser , et garde ton silence

know-will-dare, and keep your silence

Yugo

A Veritas Regular

\*\*

Posts: 95

Karma: 0

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Re: Psi wheel

« Reply #292 on: June 19, 2009, 08:12:03 AM »

Soo the clear jar is not exactly necessary if ur doin it without hands.

Logged

The journey to a thousand steps begins with one step.

Tricky

Veritas Furniture

\*\*\*\*

Posts: 406

Karma: 29

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Re: Psi wheel

« Reply #293 on: July 04, 2009, 10:51:14 AM »

No. It still is.

The jars purpose is to make sure no wind or anything gets at the psiwheel. The purpose of no hands is so your body heat doesnt move it.

To avoid both of them, dont use hands, and put a glass jar over it.

Easy.

Logged

Yugo

A Veritas Regular

\*\*

Posts: 95

Karma: 0

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Re: Psi wheel

« Reply #294 on: July 10, 2009, 01:38:56 AM »

But i dun have a clear jar. T\_T

Logged

The journey to a thousand steps begins with one step.

Sethair

Posts By Osmosis

\*\*\*\*\*

Posts: 754

Karma: 0

The souls of the True shall always remain strong.

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Re: Psi wheel

« Reply #295 on: July 10, 2009, 07:06:26 AM »

Quote from: Yugo on July 10, 2009, 01:38:56 AM

But i dun have a clear jar. T\_T

Get one. Sounds like you are making excuses.

Logged



"We're whalers on the Moon, we carry a harpoon. But there ain't no whales so we tell tall tales and sing our whaling tune"

My Blog

My Art!!!

Yugo

A Veritas Regular

\*\*

Posts: 95

Karma: 0

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Re: Psi wheel

« Reply #296 on: July 11, 2009, 05:53:30 AM »

Really,in Malaysia,clear jars are not common.Theres only a plastic clear jar where we put kuih and stuff.

Logged

The journey to a thousand steps begins with one step.

Astarel

New Member

\*

Posts: 4

Karma: 0

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Re: Psi wheel

« Reply #297 on: September 11, 2009, 06:06:17 AM »

I've made my own psi wheel using paper and a toothpick, but I can't appear to move it much. Sad I had some success when it was not contained, but after I placed it in a glass cabinet, I couldn't move it at all, in or out of a container. Any suggestions? I've been trying for about two days, a couple of hours each day. Thanks.

Logged

Sethair

Posts By Osmosis

\*\*\*\*\*

Posts: 754

Karma: 0

The souls of the True shall always remain strong.

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Re: Psi wheel

« Reply #298 on: September 11, 2009, 07:26:54 AM »

Quote from: Astarel on September 11, 2009, 06:06:17 AM

I've made my own psi wheel using paper and a toothpick, but I can't appear to move it much. Sad I had some success when it was not contained, but after I placed it in a glass cabinet, I couldn't move it at all, in or out of a container. Any suggestions? I've been trying for about two days, a couple of hours each day. Thanks.

You shouldn't expect to have results in just a couple days and sometimes a couple hours is too much if you are 'straining' yourself.

When you try, just go about it 'smoothly'. Just feel for the movement and know it will happen. Eventually it will. Also know that it's best to have the wheel inside the jar. That eliminates most of the external forces that could move the wheel without your knowledge. Having that jar there will not hurt your progress as psi is not hindered by distance or physical blockage.

Have you been doing any focal meditation? Not only will that benefit your psychokinesis, but generally parts of your well-being and life too.

Remember, don't give up after only two days. Training a new skill, whether psychic or normal, takes more time than that. Wink Good luck, let us know when you spin the wheel, ok?

Logged





"We're whalers on the Moon, we carry a harpoon. But there ain't no whales so we tell tall tales and sing our whaling tune"

My Blog  
My Art!!!  
ChezNips  
Veritas Teacher  
Posts By Osmosis  
\*\*\*\*\*

Posts: 1722  
Karma: 7

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Re: Psi wheel

« Reply #299 on: September 11, 2009, 12:38:35 PM »

And when spoon bending, remember it is not the spoon that bends, it is you...something to wrap your head around. ;P

Logged  
some days you're the bug, some days you're the windshield.

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Author Topic: [Psi wheel](#) (Read 63517 times)

Astarel

New Member

\*

Posts: 4

Karma: 0

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Re: [Psi wheel](#)

« Reply #300 on: September 12, 2009, 12:52:30 AM »

Okay, thanks for the encouragement! Yes, I do the meditation. Thanks, I'll tell you when I make progress ^\_^

Logged

juli888

Settling In

\*

Posts: 12

Karma: 0

[View Profile WWW](#)

Re: [Psi wheel](#)

« Reply #301 on: August 06, 2010, 02:21:48 AM »

Concentrate on a paper, do not think of it to very though, think of rotation it, feel succes its rotations.

If the concentration on whole psiwheel does not work, try to concentrate on one point and pushes there.

Logged

download movies

NewYorkNewYork

Settling In

\*

Posts: 45

Karma: 1

Student on the Ever-Lasting Path for Knowledge

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Re: Psi wheel

« Reply #302 on: October 21, 2010, 02:49:39 PM »

I remember getting a radiometer for Christmas a year ago... That could be used for a psi wheel b/c its in a closed area where most outside forces can't get to it ( except for the sun, and if you shake it. )

Logged

"The artist is nothing without the gift, but the gift is nothing without work." -Emilie Zola

"Political correctness is tyranny with manners." -Charlton Heston

"Give me chastity and continence, but not yet." -Saint Augustine

Sylar\_tk

Settling In

\*

Posts: 14

Karma: 0

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Re: Psi wheel

« Reply #303 on: January 17, 2011, 06:58:51 PM »

Best method ( also one that I currently use) is the transplantation of consciousness into the object that you wish to kinet. When it comes down to the generalization that is used when its said to " Become one with the object", from my perspective I interpret that as become of one consciousness with the object. One of the reasons that this is, is because when trying to control the object, its best done in a first person type mode. Like if I was to try to roll the pencil, it would be easier for me if my local reality was that of the pencils. Meaning that I have (in a way hi-jacked the consciousness of) taken over the objects consciousness as if I am temporarily the pencil. Then I would attempt to move it ( since the consciousness of the pencil is not my consciousness) as if the pencil is me.

Logged

Its an....evolutionary imperative!

---

Want to learn about psychic abilities? Vist us at <http://www.psionicsinstitute.org>

Aurafire

Posts By Osmosis

\*\*\*\*\*

Posts: 1173

Karma: 63

Village Idiot

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Re: Psi wheel

« Reply #304 on: January 23, 2011, 12:56:36 AM »

The method I always liked the most was harder to explain. It was sort of a visualization plus sensation method. If I wanted to roll a pop can laying on its side I would visualize what I wanted it to do and feel it moving as well. Still probably didn't explain it very well. Oh well, I had pretty good success with it though.

Logged

Patience is never inherited nor acquired, but only practiced everyday.

superzeno

A Veritas Regular

\*\*

Posts: 96

Karma: -4

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Re: Psi wheel

« Reply #305 on: January 24, 2011, 11:30:29 AM »

focal meditation with it moving a psi wheel is so much easier believe me i tried

Logged

epikdude

New Member

\*

Posts: 2

Karma: 1



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Re: Psi wheel

« Reply #306 on: February 01, 2011, 07:54:14 PM »

:Hi. I've been trying to move the psi-wheel but it won't move at all. Help. The infamous Vericow! The infamous Vericow!

« Last Edit: February 01, 2011, 07:57:37 PM by epikdude » Logged

Akenu

Posts By Osmosis

\*\*\*\*\*

Posts: 2231

Karma: 23

אהיה אשר אהיה

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Re: Psi wheel

« Reply #307 on: February 02, 2011, 03:58:16 AM »

@epikdude: Keep up the good work Smiley. It's not a simple thing and you won't success by training it for 5 minutes. But if you keep up, you will do it :-)

Logged

Hepaby!

<http://akenu.blogspot.com>

Mindlessinvalid

Posts By Osmosis

\*\*\*\*\*

Posts: 1199

Karma: 9

Crazy and Can't Get out of Bed

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Re: Psi wheel

« Reply #308 on: February 03, 2011, 07:29:21 AM »

tuckle, he's bluffing by saying what everyone else would have said.

superzeno just sits around asking about what's possible.

Focal meditation is the accepted method here, but here, superzeno is showing off to a member of greater experience. (aurafire)

Logged

Clothes make the man, and naked people have little or no say in society.

Nameless\_

Settling In

\*

Posts: 19

Karma: 2

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Re: Psi wheel

« Reply #309 on: April 25, 2011, 04:39:54 PM »

My psiwheel has been moving for the past few days, and then I can't move it now... for some reason.

And now I'm doubting that it was me in the first place.

It moves only when its outside my cover, and does nothing under a plastic cover. Help please?

Note: I cant even control it. Sometimes I say, spin clockwise, and it either does the opposite or nothing.

And now I cant even move it. Sad

Logged

zliuyan9

New Member

\*

Posts: 1

Karma: 0

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Re: Psi wheel

« Reply #310 on: April 25, 2011, 07:35:18 PM »

wow, Super!!!!

Logged

PsioNinja

A Veritas Regular

\*\*

Posts: 86  
Karma: 2

Azerath-Metreon-Zinthose. Its that simple

[View Profile](#)

Re: Psi wheel

« Reply #311 on: July 18, 2011, 06:55:43 AM »

doubt seems to play a major part in success. when im trying to move a psiwheel iv tried 2 different methods,

1. focal meditation followed by trying to move it. (un-successfull)
2. Just accepting the truth that it is about to move (successfull)

if i were to simplify my methods for psionics into 1 word it would be "Believe"

Logged

I'm improving Smiley

Robin

Posts By Osmosis

\*\*\*\*\*

Posts: 996  
Karma: 30

Your friendly neighborhood Verigeek.

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Re: Psi wheel

« Reply #312 on: July 18, 2011, 07:36:12 AM »

Quote from: PsioNinja on July 18, 2011, 06:55:43 AM

doubt seems to play a major part in success. when im trying to move a psiwheel iv tried 2 different methods,

1. focal meditation followed by trying to move it. (un-successfull)

Well, as Yoda once aptly put it, "Do or do not. There is no try."

Quote from: PsioNinja on July 18, 2011, 06:55:43 AM

if i were to simplify my methods for psionics into 1 word it would be "Believe"

...It might be a good thing to keep in mind that there are lots of lunatics out there who believe the very same thing. Remember the saying "if wishes were horses, then beggars would ride"? While you are, in a way, correct, it has to be a deep expectation in

the soul. And, guess what? Focal meditation helps a lot in being able to form these expectations. Azn

Logged  
PsioNinja  
A Veritas Regular  
\*\*

Posts: 86  
Karma: 2

Azerath-Metreon-Zinthose. Its that simple

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Re: Psi wheel  
« Reply #313 on: July 18, 2011, 07:43:28 AM »  
thank you for pointing that out Robin.

Do, or do not, there is no try. Smiley i like that

i expect more wisdom from you in the future wink :L

Logged  
I'm improving Smiley  
ReelinVeritas  
New Member  
\*

Posts: 5  
Karma: 0

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Re: Psi wheel  
« Reply #314 on: November 17, 2011, 12:00:36 AM »  
If you guys want to add weight to your psi wheels you can pour hot wax on it and then shape it as it gets close to drying. After pouring an even amount over the whole top side I let it sit for a minute or 2 until it starts becoming solid again and then I take any sturdy tube or round edge to thin it out evenly. Works great for when you are ready to step up from drafty rooms and convection currents! best part is, you can work up to quite a bit of weight. maybe cover the other side? what about making one entirely of wax? ....I am fairly new to psi wheels and am just starting to get results (under bowl) so it'll be a while before this will be helpful but I thought I'd put it out there for you more experienced psions to consider. Let me know if you guys try this and what you think!

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Author Topic: Psi wheel (Read 63384 times)

Tricky

Veritas Furniture

\*\*\*\*

Posts: 406

Karma: 29

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Re: Psi wheel

« Reply #315 on: November 17, 2011, 07:13:12 AM »

Or you could just go move an actual object. I remember a great quote that Float made, MANY years ago..

"I'm sick of people moving this balanced, that balanced, etc. People need to just get a damn regular object and move it"

I probably didnt get it word for word, but thats the basic jist of it. What he means is we need to break this cycle of always progressing to just another balanced thing..Moving from a psiwheel to a balanced tinfoil, to a balanced straw, etc..You need to break the cycle that PK can only be done on balanced things. Just go get a pen and roll it.

Logged

Mammon

Settling In

\*

Posts: 14

Karma: 0

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Re: Psi wheel

« Reply #316 on: November 17, 2011, 08:38:25 AM »

I have to agree with Tricky on that... The psiwheel is great for getting you started but once you can move it willingly its usefullness as a training tool is significantly less

Logged

There is a pleasure in the pathless woods,

There is a rapture on the lonely shore,

There is society, where none intrudes,

By the deep sea, and music in its roar:

I love not man the less, but Nature more,

Lord Byron~

The Psion

Settling In

\*

Posts: 14  
Karma: 1

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Re: Psi wheel

« Reply #317 on: November 19, 2011, 12:18:44 AM »

Quote from: Tricky on November 17, 2011, 07:13:12 AM

Or you could just go move an actual object. I remember a great quote that Float made, MANY years ago..

"I'm sick of people moving this balanced, that balanced, etc. People need to just get a damn regular object and move it"

I probably didnt get it word for word, but thats the basic jist of it. What he means is we need to break this cycle of always progressing to just another balanced thing..Moving from a psiwheel to a balanced tinfoil, to a balanced straw, etc..You need to break the cycle that PK can only be done on balanced things. Just go get a pen and roll it.

I agree. I personally do not like psi-wheels because they are so unreliable.

Logged  
ReelinVeritas  
New Member  
\*

Posts: 5  
Karma: 0

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Re: Psi wheel

« Reply #318 on: November 21, 2011, 11:05:41 PM »

Is a pen not balanced Tricky? The only difference between moving a pen and a psi wheel is that with the pen you use a push OR pull technique where as a psi wheel uses both simultaneously (one way to do it)

Quote from: Mammon on November 17, 2011, 08:38:25 AM

The psiwheel is great for getting you started but once you can move it willingly its usefullness as a training tool is significantly less

True. Unless you modify it, forcing the user to put considerably more effort in, compensating for the "less usefulness"

Quote from: The Psion on November 19, 2011, 12:18:44 AM

I agree. I personally do not like psi-wheels because they are so unreliable.

The unreliability may be a result of an uncontrolled testing/practice environment?

I feel like working up to a heavy psi wheel would make the transition to unbalanced objects easier? I do agree that the psi wheel is generally a beginners aid and too much practice with one object could be harmful in the long run; however, I believe that this modification could prove worthwhile. Another thing I do to keep myself flexible is practicing with an array of colored/multicolored psi wheels. Thank you for your input guys and I hope someone gives this a try to see for themselves its benefits.

Logged

Aurafire

Posts By Osmosis

\*\*\*\*\*

Posts: 1173

Karma: 63

Village Idiot

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Re: Psi wheel

« Reply #319 on: November 22, 2011, 03:57:58 AM »

Rolling a pen is a lot different than spinning a psiwheel. A psiwheel can get small movements by sloppy force going in just about any direction, where as a pen requires a more refined and consolidated effort. I think a pop can is a good intermediate object between the psiwheel and pen.

I agree that psiwheels can be very unreliable. It's difficult to tell if you exhaled out your nose, you bumped the table, a convection current occurred, a draft from the AC/heat, or PK caused the movement. It seems that it took me a long time to figure out if it was my influence or if it came from the environment. This is a problem I rarely had with other objects.

If you want, you can take a lot of steps to work your way slowly to transition, however I personally find it hard to stay motivated with a bunch of different forms of the same object. More practice won't hurt anything.

Logged

Patience is never inherited nor acquired, but only practiced everyday.

Robin



Posts By Osmosis

\*\*\*\*\*

Posts: 996

Karma: 30

Your friendly neighborhood Verigeek.

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Re: Psi wheel

« Reply #320 on: November 22, 2011, 04:29:26 AM »

Quote from: Aurafire on November 22, 2011, 03:57:58 AM

Rolling a pen is a lot different than spinning a psiwheel. A psiwheel can get small movements by sloppy force going in just about any direction

The most important thing seems to me that it has less obvious randomness, so to speak. Whereas you can easily believe a psi-wheel has moved by such small things as air currents, this doesn't work for a pen in most cases. This is why a candle flame is such a good target for beginning kinesis - it is much easier to convince yourself that it behaves in a certain way due to the randomness involved. This same randomness exists in a pen as well, but it's much less intuitive, making it harder to make the internal changes necessary to do kinesis.

I'm not sure, but I don't think the amount of physical force required is the most important factor. For example, assume that there are two objects, object A and object B. Both objects require (on average) the same amount of force to move one way or another. Now let's say object B is more prone to random fluctuations than object A. I'd wager most people would find it much easier to move object B than to move object A, even though, on average, the same amount of physical force is required. (Hm, this could actually make for an interesting experiment. \*ponders\*)

Logged

ChiandChi

New Member

\*

Posts: 1

Karma: 0

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Re: Psi wheel

« Reply #321 on: November 22, 2011, 08:41:45 AM »

The way that works for me is: (needs silence) Tell my self i can do it, imagine chi flowing through my body, then trap the energy in my hands as it flows through them, expell all the energy in the form af a small sphere gradually growing the sphere trapping more and expelling it out into it. Then focus all the sphere's energy onto the PSI wheel. Imagine it spin to the left or right while still keeping your hands around it. Then in around 5 minutes (for the begginers) it might move. After only 2 more successful times (for me) it will only take 1 minute of focusing. I developed this technique not as a universal one, but just as one that works for me. Try it out if any one wants. Smiley

Logged  
Anish VR  
New Member

\*

Posts: 5  
Karma: 0

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Re: Psi wheel  
« Reply #322 on: March 19, 2013, 09:58:20 AM »  
Hi,

Once you move psi wheel, sure you can move it again.

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Author Topic: A Rather Convincing Psi Wheel Video (Read 4071 times)

Julianus

Veritas Furniture

\*\*\*\*

Posts: 313

Karma: 1

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A Rather Convincing Psi Wheel Video

« on: May 30, 2007, 02:04:47 PM »

I have found a very good video where someone demonstrates his ability to move the psi wheel, while the latter is covered by a glass bowl.

The link is: <http://www.youtube.com/watch?v=H5NwRfMJgOQ>

Logged

A thorough familiarity with the occult faculties of everything existing in nature, visible as well as invisible; their mutual relations, attractions, repulsions; the cause of these; in other words a profound and exhaustive knowledge of natural law – this was and is the basis of magic.

- Blavatsky  
supadude  
Super Villain  
Posts By Osmosis  
\*\*\*\*\*

Posts: 810  
Karma: 16

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Re: A Rather Convincing Psi Wheel Video  
« Reply #1 on: June 11, 2007, 03:30:37 AM »  
i dont see any holes in that video

nice! wink

Logged  
[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)  
A must see study for all!

The proud owner of the 200,000th post made on Veritas.  
holycleric  
Regular Member  
A Familiar Feature  
\*\*\*

Posts: 114  
Karma: 0

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Re: A Rather Convincing Psi Wheel Video  
« Reply #2 on: June 11, 2007, 11:06:54 AM »  
The video is fake. It was made to show people, that even very convincing looking videos can be just mere illusions. The table in the video is actually hollow and there are two holes near the psiwheel and a hole in both legs. The holes are connected through two separate channels. Air is blown into either hole in the legs of the table, which comes out of the hole near the psiwheel and makes it spin. This is why the front legs can't be seen while the psiwheel is spinning.

Read the full story of why and how the author did it here :

<http://www.unexplained-mysteries.com/forum/index.php?showtopic=73996&st=225>  
(Scroll down to mattman's post)

Logged

All mankind is of one author, and is one volume. As therefore the bell that rings to a sermon, calls not upon the preacher only, but upon the congregation to come. Any man's death diminishes me, because I am involved in mankind; therefore never send to know for whom the bell tolls; it tolls for thee

NathanE

BEEFCAKE BEEFCAKE

Posts By Osmosis

\*\*\*\*\*

Posts: 554

Karma: 17

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Re: A Rather Convincing Psi Wheel Video

« Reply #3 on: June 11, 2007, 09:04:18 PM »

Too see with your eyes and belief is only half hearted belief, But to belief without seeing is whole hearted belief...

Just my two cents back to catching up on my gaming later ill be on mabye after MCT when I can buy my own computer and sit on it all night instead of studying for MOS school.... >.>

Logged

Chance is a word void of sense; nothing can exist without a cause. ~Voltaire

Engineers like to solve problems. If there are no problems handily available, they will create their own problems.~Scott Adams

"Mechanical Engineers build weapons, Civil Engineers build targets"

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 810

Karma: 16

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Re: A Rather Convincing Psi Wheel Video

« Reply #4 on: June 12, 2007, 12:47:57 AM »

well thats genious and messed up, i wonder when people will stop making fakes and start making vids of the real thing, and stop showing us what not to do instead of actually producing solid real vids that we can build a foundation on. this crap is why we are given a bad name, because few actually make the effort to create respectable and real vids. So stop showing us whats not real and show us what is.

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

The proud owner of the 200,000th post made on Veritas.

holycleric

Regular Member

A Familiar Feature

\*\*\*

Posts: 114

Karma: 0

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Re: A Rather Convincing Psi Wheel Video

« Reply #5 on: June 12, 2007, 06:16:31 AM »

Supadude, I think you missed the point of the video. The idea was to show people, that videos can't be used as proof for telekinesis since videos can be faked quite easily. It wasn't made to tell people that telekinesis is fake, but to encourage people not to accept everything they see or hear as truth so easily.

Logged

All mankind is of one author, and is one volume. As therefore the bell that rings to a sermon, calls not upon the preacher only, but upon the congregation to come. Any man's death diminishes me, because I am involved in mankind; therefore never send to know for whom the bell tolls; it tolls for thee

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 810

Karma: 16

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Re: A Rather Convincing Psi Wheel Video

« Reply #6 on: June 12, 2007, 08:35:29 AM »

Quote from: holycletic on June 12, 2007, 06:16:31 AM

Supadude, I think you missed the point of the video. The idea was to show people, that videos can't be used as proof for telekinesis since videos can be faked quite easily. It wasn't made to tell people that telekinesis is fake, but to encourage people not to accept everything they see or hear as truth so easily.

i didnt miss the piont at all, and it is a noble cause to enlighten people, and that in the internet world you cant really trust what you see, but im just tired of being shown fakes, i would make a tk vid myself but i dont feel, personally, that im ready to. i just want to see something thats real.

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

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`Nazukarr

Posts By Osmosis

\*\*\*\*\*

Posts: 627

Karma: 15

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Re: A Rather Convincing Psi Wheel Video

« Reply #7 on: June 12, 2007, 08:44:45 AM »

I'm going to throw in the suggestion to make a metaphysical video thread just for the purpose of sharing videos. We can't have a different thread for each video a person finds. Smiley

Logged

"I am not this hair, I am not this skin, I am the soul that lives within."

Steve

Posts By Osmosis

\*\*\*\*\*

Posts: 3293

Karma: 82

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Re: A Rather Convincing Psi Wheel Video

« Reply #8 on: June 12, 2007, 01:22:28 PM »

There are real videos of telekinesis on the pinwheel. They're just not so air-tight against the attacks of unbelievers as to warrant "proof" to society at large.

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 810

Karma: 16

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Re: A Rather Convincing Psi Wheel Video

« Reply #9 on: June 13, 2007, 12:42:06 AM »

Quote from: `Nazukarr on June 12, 2007, 08:44:45 AM

I'm going to throw in the suggestion to make a metaphysical video thread just for the purpose of sharing videos. We can't have a different thread for each video a person finds. Smiley  
good idea

i know there are real videos out there, like recently i have seen an awesome vid of a qigong master setting fire to a newspaper and creating electrical shocks with his body. Smiley none the less it was cool Smiley but what about having the psiwheel in the bowl and filling it with water to prove no leaks(taking the water out before you put the psiwheel in of course) , the psi wheel is (of course) made of wood and paper maybe plastic, and then putting another clear bowl on top and have the whole thing on a clear see-through table or something and doing it that way

« Last Edit: June 13, 2007, 12:45:31 AM by supadude »      Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

A must see study for all!

The proud owner of the 200,000th post made on Veritas.



Steve  
Posts By Osmosis

\*\*\*\*\*

Posts: 3293  
Karma: 82

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Re: A Rather Convincing Psi Wheel Video

« Reply #10 on: June 13, 2007, 01:00:54 AM »

or leave the water in, add some food colouring to prove it's not swirling, and just spin the pinwheel while it's in the water (there's really no difference except a little density, right? Wink).

~Steve

Logged

Mastery does not occur when you've performed a feat once or twice. Instead, it comes after years of training, when you realize that you no longer notice when you're performing a feat which used to require so much effort. Even walking takes years of training for a human: why not everything else?

supadude

Super Villain

Posts By Osmosis

\*\*\*\*\*

Posts: 810  
Karma: 16

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Re: A Rather Convincing Psi Wheel Video

« Reply #11 on: June 13, 2007, 06:45:50 AM »

Quote from: Steve on June 13, 2007, 01:00:54 AM

or leave the water in, add some food colouring to prove it's not swirling, and just spin the pinwheel while it's in the water (there's really no difference except a little density, right? Wink).

~Steve

but the psiwheel spinning would churn the water and make it spin, but i guess that is a before hand test Smiley

good idea! Smiley

Logged

[http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player\\_embedded](http://www.youtube.com/watch?v=JnA8GUtXpXY&feature=player_embedded)

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Enchia

Posts By Osmosis

\*\*\*\*\*

Posts: 984

Karma: 27

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Re: A Rather Convincing Psi Wheel Video

« Reply #12 on: June 13, 2007, 07:06:49 AM »

Perhaps this has nothing to do with the video directly but why are you all trying to proof the existence of psi and the super natural. You know it is existing and most of the site know. There are a lot of people who don't want to believe or just don't care about it. Why not just let them be and aim at other things like helping people or building you own future or such.

Logged

`Nazukarr

Posts By Osmosis

\*\*\*\*\*

Posts: 627

Karma: 15

[View Profile](#)

Re: A Rather Convincing Psi Wheel Video

« Reply #13 on: June 13, 2007, 09:26:50 AM »

Nobody here is trying to prove the existance of psi to others, but rather validate the featured video as an actual account of psychokinesis. Most people don't like the idea of gaining inspiration from a fake video.

Logged

"I am not this hair, I am not this skin, I am the soul that lives within."

NathanE

BEEFCAKE BEEFCAKE

Posts By Osmosis

\*\*\*\*\*

Posts: 554

Karma: 17

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Re: A Rather Convincing Psi Wheel Video

« Reply #14 on: June 13, 2007, 10:34:04 AM »

I used to be inspired by fantasies and vedio games when it came to magic and psionics now I just do it as if it is breath well ideas wise.... >.> I need to practice more....

Logged

Chance is a word void of sense; nothing can exist without a cause. ~Voltaire

Engineers like to solve problems. If there are no problems handily available, they will create their own problems.~Scott Adams

“Mechanical Engineers build weapons, Civil Engineers build targets”

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Author Topic: A Rather Convincing Psi Wheel Video (Read 1921 times)

supadude

Posts By Osmosis

\*\*\*\*\*

Posts: 506

How do you give me a strait jacket when im CrOoKeD

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Re: A Rather Convincing Psi Wheel Video

« Reply #15 on: June 13, 2007, 03:01:06 PM »

Quote from: Enchia on June 13, 2007, 07:06:49 AM

Perhaps this has nothing to do with the video directly but why are you all trying to proof the existence of psi and the super natural. You know it is existing and most of the site know. There are a lot of people who don't want to believe or just don't care about it. Why not just let them be and aim at other things like helping people or building you own future or such.

I want to expand help expand other's concepts of reality so we can all benefit from it, proving metaphysics is just a little dream of mine, a happy dream! Smiley but yes seeing as your are correct about the fact that most dont want to know and some dont even care(which they dont know what they are missing), and that alone makes it very hard on all of us. embarassed

Logged

Remember, after 8 years, psionics wont become anymore easier for you. - Me

My aXe iS My buDdY-hE nEVeR mAkeZ Me cRY-mE aNd mY aXe wllL pUT A pIVoT  
iN yEr eYe (+ ).(+ )

Supa-pslko-wickid-voodoo-ninja-masta-JUGGALO

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and 1 Guest are viewing this topic. « previous next »

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Author Topic: Alternative ways to practice instead of the psiwheel for beginners??

(Read 2238 times)

da4seen

New Member

\*

Posts: 9

Karma: 0

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Alternative ways to practice instead of the psiwheel for beginners??

« on: February 27, 2007, 02:10:27 PM »

Hello,

I've read alot peoples posts on various forums about not being able to move the psiwheel but being able to move other objects such as pencils, balloons, etc. I was wondering if there are any other practices good for beginners aside from the psiwheel.

Although i'm planning to continue practicing the psiwheel, I would like to explore other options if I'm not as successful on the psiwheel as others when they first start.

Thank you in advance for your replies.

Logged

My Websites:    Shocked

1 , 2

NathanE

BEEFCAKE BEEFCAKE

Posts By Osmosis

\*\*\*\*\*

Posts: 554

Karma: 17

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Re: Alternative ways to practice instead of the psiwheel for beginners??

« Reply #1 on: February 27, 2007, 07:06:12 PM »

hanging mobiels :-P wind chims they look hard but they are pretty easy.

Logged

Chance is a word void of sense; nothing can exist without a cause. ~Voltaire

Engineers like to solve problems. If there are no problems handily available, they will create their own problems.~Scott Adams

“Mechanical Engineers build weapons, Civil Engineers build targets”

jklo318

Settling In

\*

Posts: 37

Karma: 0

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Re: Alternative ways to practice instead of the psiwheel for beginners??

« Reply #2 on: February 27, 2007, 09:43:35 PM »

I agree it is easier ther is a mobile that hangs in my Spanish class and i play with it when i am bored.

Logged  
da4seen  
New Member  
\*

Posts: 9

Karma: 0

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Re: Alternative ways to practice instead of the psiwheel for beginners??

« Reply #3 on: February 28, 2007, 01:54:42 PM »

I can't wait to i get to the level where I can move objects with little effort.

Yea, the problem I was having with the psiwheel is i had it enclosed in a plastic container because I have fans in my room(Turning off the fans makes my room extremely hott Sad ). I read that sometimes enclosing the psiwheel in a object may be difficult for beginners because your subcon sees the plastic/glass container as somewhat blocking the connection between you and the psiwheel itself.

I'm thinking about trying the placing a toothpick in a bowl of water method, i don't see air current in my room affecting that as much as it would affect the psiwheel.

Cross your fingers for me Smiley

P.S.

I also tried hanging a needle from thread inside a plastic container, but i think the plastic container itself is whats giving me doubts.

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1 , 2  
Nightshade  
New Member  
\*

Posts: 5

Karma: 0

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Re: Alternative ways to practice instead of the psiwheel for beginners??

« Reply #4 on: March 01, 2007, 08:20:21 PM »

A cork or a pencil that is hanging half-way off of a ledge and try to tilt or depress one side enough for it to fall off the ledge.

Logged

"You have your whole life to ask a question, and all eternity to find the answer."

~Me

da4seen

New Member

\*

Posts: 9

Karma: 0

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Re: Alternative ways to practice instead of the psiwheel for beginners??

« Reply #5 on: March 01, 2007, 10:01:06 PM »

Quote from: Nightshade on March 01, 2007, 08:20:21 PM

A cork or a pencil that is hanging half-way off of a ledge and try to tilt or depress one side enough for it to fall off the ledge.

Wow very creative and less likely to be affected by the air in my room Smiley. Thanks, i'm going to try that next week Smiley

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Author Topic: Im new (Read 2604 times)

duckydude1

New Member

\*

Posts: 6

Karma: 0

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Im new

« on: November 29, 2006, 04:39:28 PM »

well like the subject said im new to psychokinesis and psi and everything so what do you suggest i do im just seeing what a variety of people say. i would appreciate your help.

Logged

zaigon

A Familiar Feature

\*\*\*

Posts: 170

Karma: 0

I have been crushed, nothing left to do but rise

[View Profile](#)

Re: Im new

« Reply #1 on: November 29, 2006, 05:00:27 PM »

I'd suggest going to the articles section and reading through the beginning articles there. Focal meditation for starters, and then look around at the others, see if psionics is right for you, then come back here if you have any questions concerning what you have read.

Logged

V|e|r|i|t|a|s my antidrug

Arinil

Veritas Furniture

\*\*\*\*

Posts: 347

Karma: 0

Aspirant of the Wood

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Re: Im new

« Reply #2 on: November 29, 2006, 05:30:22 PM »

You wouldn't happen to like ducks...?

Logged

Whoever knows everything but himself, lacks everything. (Th 3)

duckydude1

New Member

\*

Posts: 6

Karma: 0

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Re: Im new

« Reply #3 on: November 29, 2006, 05:33:38 PM »

yes arinil i like ducks do you?? ok thank you zaigon i will do that

Logged

duckydude1

New Member

\*

Posts: 6

Karma: 0

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Re: Im new

« Reply #4 on: November 29, 2006, 05:45:48 PM »

well i notice that a lot of the things i have read involve a flame and well im a kid and not supposed to play with fire so is there other things i could start with or should i just go ahead and find a candle to light

Logged

zaigon

A Familiar Feature

\*\*\*

Posts: 170

Karma: 0

I have been crushed, nothing left to do but rise

[View Profile](#)

Re: Im new

« Reply #5 on: November 29, 2006, 06:03:01 PM »

A candle is used in focal meditation because it grabs and keeps your attention, your focus, hence the word "focal" in focal meditation. But you can use anything. A dot on the wall, the floor, a piece of paper, or anything else, a flame is just used because the color and flickering motion keeps your attention, and alot of things you read shouldn't involve a flame, unless it is focal meditation or pyrokenesis.

Logged

V|e|r|i|t|a|s my antidrug

duckydude1

New Member

\*

Posts: 6

Karma: 0

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Re: Im new

« Reply #6 on: November 29, 2006, 06:11:07 PM »

ohh ok well either im reading it wrong or its just not a good site because i have read some other sites but i have a question on some of the other sites it says the psi-wheel is a good place to start but i dont exactly know how to make one and i cant find a site the tells you but before i keep looking is that a good idea starting with the psi wheel and all

Logged

zaigon

A Familiar Feature

\*\*\*

Posts: 170

Karma: 0

I have been crushed, nothing left to do but rise

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Re: Im new

« Reply #7 on: November 29, 2006, 06:30:28 PM »

I would start with focal meditation, feeling energy, being able to draw and ground energy, and after you can do that creating and "mastering" the creation of the psi ball, and then move on to the psi wheel. All of this can be found in articles located in the section labeled, well, articles.... look specifically for Kobok's on Focal Meditation, and Playful Psychics, Preparation by Skywind, but posted by Kobok, and i do believe that Kobok uses a flame for regular kinesis as well, my mistake.

Logged

V|e|r|i|t|a|s my antidrug

duckydude1

New Member

\*

Posts: 6

Karma: 0

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Re: Im new

« Reply #8 on: November 29, 2006, 06:47:39 PM »

ok i will do just that thank you if you think of anything else please let me know

Logged

Prodeus

Veritas Furniture

\*\*\*\*

Posts: 388

Karma: 0

Qabalist~Alchemist~Magician | Veritas Mentor |

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Re: Im new

« Reply #9 on: December 01, 2006, 01:10:14 PM »

Quote from: duckydude1 on November 29, 2006, 04:39:28 PM

well like the subject said im new to psychokinesis and psi and everything so what do you suggest i do im just seeing what a variety of people say. i would appreciate your help.

Why do you wish to learn psychokinesis? The reason plays quite a role in the amount of time until results are gained, and then again the quality of those results.

Logged

"My soul is a block of clay,  
my sculpting tools are the sacred sciences,  
and my Opus Magnum  
is the way up the mountain,  
the Path of Return..."

{{(|~LVX~|)}}}

Oriens Lvx Lucis

Arinil

Veritas Furniture

\*\*\*\*

Posts: 347

Karma: 0

Aspirant of the Wood

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Re: Im new

« Reply #10 on: December 01, 2006, 06:41:10 PM »

I would assume it would be the same reason most people new to psi do, Sorath. It is the most solid proof one can give to themselves starting out, and that can be one of the most powerful tools someone can have, considering the roles faith and belief play in most psionics.

Logged

Whoever knows everything but himself, lacks everything. (Th 3)

duckydude1

New Member

\*

Posts: 6

Karma: 0

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Re: Im new

« Reply #11 on: December 01, 2006, 07:09:23 PM »

well sorath i want to learn psychokinesis because it seems to be an interesting talent and im kind of skeptic so like aranil said It is the most solid proof one can give to themselves starting out.

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Author Topic: Idea for T/PK Instead of a Glass (Read 1458 times)

T\_Entliona

Greenhorn

New Member

\*

Posts: 2

Karma: 0

Greenhorn

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Idea for T/PK Instead of a Glass

« on: April 18, 2004, 10:40:49 AM »

If trying to do T/PK under a glass so that you know it isn't the wind is a problem for you,  
but you can do it without the glass, I have an idea that may work. Basically, it is 4  
pieces of string with tape at the ends, hung around the psiwheel. They will almost  
certainly move by the wind before the psiwheel does. A picture of my set up is here:

Tell me what you think.

~T\_Entliona  
Logged  
Cogito  
Veritas Furniture  
Veritas Furniture  
\*\*\*\*  
Posts: 319  
Karma: -1

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Idea for T/PK Instead of a Glass  
« Reply #1 on: April 18, 2004, 11:10:22 AM »  
ROFL! I give you credit, that's a cool idea Smiley

As much of an excess of time you have on your hands, it's still cool Smiley

Logged  
kobok  
Veritas Council  
Tech Team  
Posts By Osmosis  
\*\*\*\*\*  
Posts: 4894  
Karma: 158

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Idea for T/PK Instead of a Glass  
« Reply #2 on: April 18, 2004, 11:16:56 AM »  
Quote from: T\_Entliona  
Tell me what you think.

Heheheh. Very clever. Smiley Of course, make sure the pieces of paper are close to the same height as the psi wheel. Smiley



Also, if you're going to put such time into clever setups like that, you could also try this: Hang a jar over the psi wheel, then gradually lower the jar each time you attempt to turn the psi wheel. Proceed only when you are comfortable with turning the psi wheel for each step at lowering the jar.

Turning the psi wheel inside a jar is no different than turning it while it is outside of a jar. It is only a psychological barrier, and it is a useful exercise to learn to overcome it.

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Author Topic: psi wheel=mastered. what is the next thing i should move on to? (Read 1665 times)

perfectcircle.

Settling In

\*

Posts: 15

Karma: 0

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psi wheel=mastered. what is the next thing i should move on to?

« on: October 04, 2006, 05:58:41 PM »

hey. i've been doing telekinesis since the beggining of last summer on and off but i started doing intese practice like since last week. i would think ive mastered the psiwheel. i can move it in both directions, stop it and spin it for an extended period of time. my record is 91 spins. so my question: what next?

Logged

Big Boss

Friggen Crazy

Posts By Osmosis

\*\*\*\*\*

Posts: 1458

Karma: 3

Owner of 100000 V-Points

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Re: psi wheel=mastered. what is the next thing i should move on to?

« Reply #1 on: October 04, 2006, 06:45:17 PM »

do it in an airtight container. then move on to straws, pencils, coins, drops of water, balls of paper, marbles, etc. Then start sliding CD's, small books, knives, coke cans, glasses of water. then move on to text books, shoes, blah blah, anything you can think of. I'd like

to see book pages get turned kinetically, that would certainly be awesome.

Logged

Join my Folding@Home team and do some good! #159490

Details at <http://folding.stanford.edu/perfectcircle>.

Settling In

\*

Posts: 15

Karma: 0

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Re: psi wheel=mastered. what is the next thing i should move on to?

« Reply #2 on: October 04, 2006, 06:47:01 PM »

whats the best thing you can do?

im working on rolling now.

Logged

ThiefDeath

Posting chief

Posts By Osmosis

\*\*\*\*\*

Posts: 1544

Karma: 4

[Grammaton Cleric](#)

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Re: psi wheel=mastered. what is the next thing i should move on to?

« Reply #3 on: October 04, 2006, 07:29:03 PM »

Get a milligram-precise electronic scale and see how much pressure you can get it to read out.

Logged

[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

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Author    Topic: Some PK help?    (Read 2402 times)

Flikook

Settling In

\*

Posts: 10

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Some PK help?

« on: October 02, 2006, 08:22:37 PM »

I have been practicing with the psiwheel for 5 days now, 45 minutes a day, with NO SUCESS. Once it did one rotation, but that was once. I cant budge it. All I can do besides the psiwheel is control a flame. That 5 days is not when I first started either, I've actually been going for about 3 years, but I just started this exact training 5 days ago. How can I get this psiwheel to go?

Logged  
solstice  
Dreamwalker  
Posts By Osmosis  
\*\*\*\*\*

Posts: 2114

Karma: -4

"Receive and transmit..."

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Re: Some PK help?

« Reply #1 on: October 02, 2006, 08:30:26 PM »

Pretend the wheel is on fire. Visualize that. Then try to move it.

Logged  
Tell all the Truth but tell it slant: Success in Circuit lies. Too bright for our infirm Delight. The Truth's superb surprise. As Lightning to the Children eased, with explanation kind. The Truth must dazzle gradually, or every man be blind.  
Tefeari: The Giant Impact Hypothesis is a theory  
ThiefDeath  
Posting chief  
Posts By Osmosis  
\*\*\*\*\*

Posts: 1544

Karma: 4

Grammaton Cleric

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Re: Some PK help?

« Reply #2 on: October 02, 2006, 10:21:53 PM »

Can you post/link the training methods that you are currently using?

Logged

[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

Flikook

Settling In

\*

Posts: 10

Karma: 0

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Re: Some PK help?

« Reply #3 on: October 03, 2006, 06:59:34 PM »

I dont have a link to the method, but what I do is visualize a beam shooting out of my forehead and hitting it. About the fire thing: I'll try it. One more thing, I actually used to be really good at PK. This was about 2 years ago, I could easily spin a psiwheel and move other stuff. Now that I'm getting back into it, nothing. I tried the fire thing just now, no success :-( Any tips for faster sucess?

« Last Edit: October 03, 2006, 08:06:41 PM by Flikook »      Logged

ThiefDeath

Posting chief

Posts By Osmosis

\*\*\*\*\*

Posts: 1544

Karma: 4

Grammaton Cleric

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Re: Some PK help?

« Reply #4 on: October 03, 2006, 08:21:33 PM »

Quote from: Flikook on October 03, 2006, 06:59:34 PM

what I do is visualize a beam shooting out of my forehead and hitting it.

That's probably what you're doing wrong right there.

- 1) You're relying on visualization to accomplish a task
- 2) You're focusing on the means rather than the end.

You should focus more on the actual pinwheel and your desired result of it moving rather than some imaginary means by which it is getting moved. Also you should focus less on visualization and more on tweaking the specific inner mindset and willpower that you need to be able to move something.

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[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

Flikook

Settling In

\*

Posts: 10

Karma: 0

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Re: Some PK help?

« Reply #5 on: October 04, 2006, 07:05:22 PM »

Oh. I see. What kind of technique do I use then? I can kinet a flame with kobok's technique, but it only works on a flame. I can control its direction easy too.

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ThiefDeath

Posting chief

Posts By Osmosis

\*\*\*\*\*

Posts: 1544

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Re: Some PK help?

« Reply #6 on: October 04, 2006, 08:14:01 PM »

Keep practicing with the flame. Find out what exactly it is that goes on inside of you that triggers the movement of the flame. Try to apply what you found to the pinwheel. If you have to, put both a candle and a pinwheel in front of you. Start manipulating the flame and right when you get to a 'sweet spot' where you are in complete control of the flame, switch over to the pinwheel. Keep practicing and don't give up.

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[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

Flikook

Settling In

\*

Posts: 10

Karma: 0

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Re: Some PK help?

« Reply #7 on: October 06, 2006, 05:12:26 PM »

Guess what? I can finally move a psiwheel! I use the just do it method now. Now I have a different problem though. I cant move anything else :-P. I know youre all going to say "thats because you have a mental block that its harder to move bigger things". Yeah, I already know that. I just want to now know how to get rid of that block? I want somebody who can atleast move a pencil to answer this :-)

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ThiefDeath

Posting chief

Posts By Osmosis

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Posts: 1544

Karma: 4

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Re: Some PK help?

« Reply #8 on: October 06, 2006, 09:40:24 PM »

Do the same thing you did to move from the flame to the pinwheel, to move from the pinwheel to the next thing. It's just a matter of time and practice.

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[23:48] <DanielH> You guys are all strange

[23:48] <DanielH> You have a different way of thinking (which is wrong)

How about a shave?

Flikook

Settling In

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Posts: 10

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Re: Some PK help?

« Reply #9 on: October 08, 2006, 03:00:06 PM »

Yeah. I will. My goal for this month is to be able to move any random object.

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